W. HARTE.

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Another edition, [illegible] title
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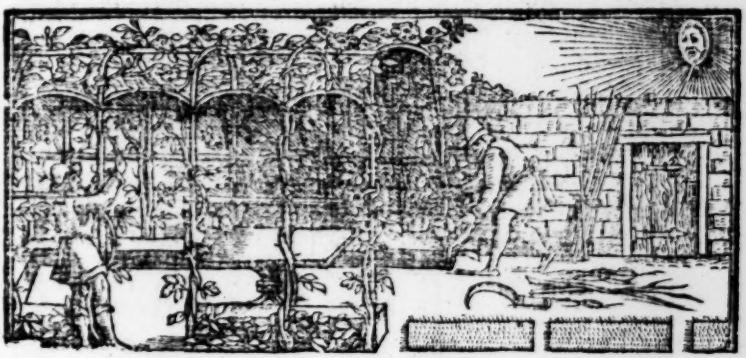
The Gardeners Labyrinth.

CONTAINING A DISCOVRSE of the Gardeners life, in the yearly trauels to be *beſtowed on his plot of earth, for the vſe of a Gar*den: with inſtructions for the choice of ſeeds, *apt times for ſowing, ſetting, planting, and* watering, and the veſſels and inſtruments ſeruing to that vſe and purpoſe:

Wherin are ſet forth diuers Herbers, Knots, and Mazes cunningly handled for the beautifying of Gardens.

Alſo the Phyſick benefit of each Herb, Plant, and Flowre, with the vertues of the diſtilled waters of euery of them, as by the ſequele may further appeare.

Gathered out of the beſt approued writers of Gardening, Husbandrie, and Phyſicke: by *Didymus Mountain.*



LONDON,
Printed by HENRY BALLARD.
1608.

TO THE RIGHT HONORABLE AND HIS SINGVLAR GOOD LORD, SIR *William Cecill*, Knight of the moſt noble Order of the Garter, Baron of Burghley, Lord high Treaſurer *of England, &c.* Henry Dethicke *wiſheth long* health, with increaſe of honour.

Onſidering (right Honourable) my *promiſe plighted vnto my friend, (lately enterred) I was enforced to performe the perfecting of this Engliſh Treatiſe: otherwiſe I had not ſo willingly attempted to ſolicite your honour with this vulgar ſtile. And ſithens that reaſon requireth, and duety demandeth, the ſatisfying of the truſt in me repoſed, I doubt not but that mine enterpriſe will be allowed. Vnreaſonable were I, and deſtitute of all humilitie, if that I would obſtinatly neglect the earneſt deſire of the deceaſed: likewiſe, worthy were I to be deemed vndutifull, and altogether vngratefull, if that I ſhould omit any opportunitie, whereby I might encreaſe ſo rare a commoditie to my countrey. I therefore reſpecting the requeſt of my friend, and tendring the profite of my countrey, haue craued herein (as heretofore in all other mine affaires) your honours protection, and the rather, for that I find none (your honour excepted) neither in antient authoritie, neither by common conſent, neither by preſent prooſe, that hath more warily, and wiſely warded the weale of this countrey. In fine, to auoid tedioufneſſe, I haue omitted all circumſtances, whereby I might diſplay the ſundry commodities and rare rudiments, contained in this painefull, and gainful diſcourſe: but ſurceaſing to tra-*

niſe farther in this terreſtriall Gardeners Labyrinth, *I wiſh vnto your honour by daily praier, the fruition of the Heauenly Paradiſe, craning of the omnipotent and prouident God, the guider of that gorgeous Garden, that he would vouchſafe to grant vnto you, the ſweet ſauour of his chiefe fragrant flowres, that is, his comfort to cleaue faſt vnto you, his mercy to keepe you, and his grace to guide you, now and euermore.*

Your honours moſt humble,

HENRY DETHICKE.

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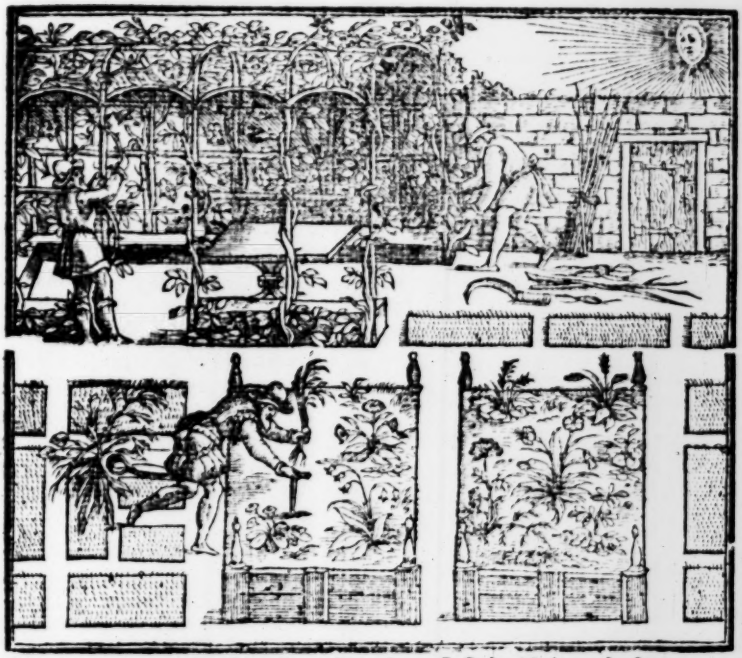
FINIS TABVLÆ.

The Gardeners Labyrinth, Containing the manifold trauels, great cares, and diligence, to be yearly beſtowed in euery earth, for the vſe of a Garden: with the later inuentions, and rare ſecrets thereunto added, (as the like) not heretofore publiſhed.



The inuention of Garden plots, by whom firſt deuiſed, and what commoditie found by them in times paſt. Chap. 1.

THe worthy Pliny (in his xix. booke) reporteth, that a Garden plotte in the ancient time at Rome, was none other, then a ſmall and ſimple incloſure of ground, which through the labour and diligence of the Huſbandman, yéelded a commoditie and yearely reuenue vnto him. But after yeares (that man more eſtec-

med of himselfe, and sought an easier life) deuised and framed this ground plotte for the mind, as for pleasure and delight: as may well appeare by that Epicure, of whom Cicero maketh mention, in his booke intituled De natura Deorum, who liuing at ease, and conceiuing a felicity in the Garden, endeuoured first to place and frame the same within the wals of Athens, which before (as it should seeme) lay open, and vndefended in the wild field, and the culture of it not had in so much estimation, as to place them nie to their townes and houses: For which cause, both Plinie (by good reason) rightly attribute the inuention of the delectable garden to him. The Garden plottes, which the ancient Romanes possessed (as Plinie reporteth) were onely set about with trees, hauing a dead inclosure made onely of bushes, that needed reparing euerie yeare: in which especially were sowne the red Onions, Colewoorts, great Leekes, Cresses, great Mallowes or holie Okes, Endiue, Rocket, and sundry sallet hearbes: In these they found such a commoditie, as marueilously pleased them, seeing they by enioying the hearbes, needed no fire about the dressing and preparing of them, and spared a charg of flesh, besides a daily profit that they got, by the hearbs and wood brought to the citie to be sold. The meaner sort of that time so little cared and esteemed the eating of flesh (who in generall accounted it a kind of reproch, to be knowen to haue eaten flesh) that they refusing this taunt, did (as to a shambles or flesh market) haunt daily to the garden.

Columella reporteth lib. 10 that ỳ ancient husbandmen so slenderly looked vnto (or rather forced of) gardens, ỳ they in furthering the growth and yeeld of their fruits and hearbes, bestowed small trauel and diligence. And as they appeared negligent in their labors of the garden, so were they well pleased with a mean liuing, insomuch that the common sort fedde and liued willingly on grosse and simple hearbes. But after the age and people were reformed, & brought by the instructiõ of the Epicure, to a more delight of themselues in coueting to feed on dainty hearbes and Sallets, with meats delectable, and taking an earnester care for the pleasing of their mouths, they laboured then to become skilful, and to vse a greater care about the ordering and apt dressing of Garden plots, by wel fensing and comely furnishing of their ground, with sundry needful and delectable trees,

plants,

plants, and hearbes: in which trauels and diligence of the husbandmen, so good successe and commoditie ensuing, procured not only the willing carriage of hearbs, fruits, and other commodities farre off to be exercised vnto cities and market townes, by which these through the sale obtained a daily gaine and yearely reuenue, for the aide of their houshold charges, but allured them also to place and frame gardens, as well within Cities and townes as fast by, that a cost bestowed, might after possesse the procreation and delight of minds, besids the proper gaine made by the fruits, flowres, and hearbs, gathered in them. The Garden plots at length grew so common among the meaner sort, that the charge and the chiefest care of the same, was committed vnto the wife, insomuch that these accounted not the wife of the house to be a huswife indeed, if she bestowed not a paine and diligence, as Cato reporteth, in the weeding, trimming, and dressing of the garden: but to be briefe, and leauing further to report of antiquitie, I thinke it high time to declare the effects and commodity of this worke taken in hand, and first to intreat of the care, helps, and secrets to be learned and followed in the garden ground: All which in a pleasant maner shall after be vttered in diuers chapters, to the furtherance and commodity of many Gardeners, and al such hauing pleasure therein.

What care and diligence is required of euery Gardener: to these, what increase and commoditie a well laboured earth yeeldeth. Chap. 2.

The husbandman or Gardener shal enioy a most commodious & delectable Garden, which both knoweth, can, and will orderly dresse the same: yet not sufficient is it to a gardener, that he knoweth, or would the furtherance of the garden, without any cost bestowed, which the works & labors of the same require: nor the wil againe of the workman, in doing and bestowing of charges, shal finally auaile without he haue both art & skil in the same. For that cause, it is the chiefest point in euery facultie and business, to vnderstand & know what to begin and follow: as the learned Columella out of Varro-manus Tremellius aptly vttereth. The person which shall enioy or haue in a readines these three, and wil purposedly or with diligence frame to him a wel dressed garden, shal after obtain these 2. cõmodi-

ties, as vtility and delight: the vtility yeldeth the plenty of hearbs, flowres, and fruits right delectable: but the pleasure of the same procureth a delight, and (as Varro writeth) a incunditie of minde. For that cause a garden shall workmanly be handled, & directed vnto the necessary vse and commodity of mans life, nert for health and the recouery of strength by sickness feebled: as the singular Palladius Rutilius both learnedly vttered, and the skilfull Florentius, that wrote cunningly of husbandry in the Greeke tongue, certaine yeres before him: Lastly, by sight vnto delectation and incunditie through the fragrancie of smell: but most of all, that the same may furnish the owners and husbandmans table, with sundry seemely and dainty dishes to him of small cost. The garden ground (if the same may be) ought rather to be placed neere hand, wherby the owner or Gardener may with more ease be partaker of such commodities growing in the Garden, and both oftner resort, and vse diligence in the same. So that this is the whole care and duety required of euery owner and Gardener in their plot of Ground. Yet may I not be vnmindfull, that the Garden doth also require a dunging at the apt times: of which in the proper place we shall after intreat.

What consideration and choosing is to be vsed in any Garden plot, with the goodnesse and worthinesse of euery earth. Chap. 3.

As to the nature & goodnes of a garden ground, the especialler that ought to be eschued, are a bitter and salt earth of tast, if so be we meane to make a fertil, commodious & wel yelding ground: for these two natures of earth, were very much misliked in ancient time, as may appeare by the skilfull Poet Virgil, who saieth that euery earth is not allowed or commended, for the yeld of Garden hearbs. For which cause, the minde of the ancient husbandmen is, that the Gardener by taking vp a clod of earth, should artly trie the goodnes of it after this maner: in considering whether the earth be neither hot and bare nor leane by sand, lacking a mixture of perfit earth: nor the same found to be wholly chalke, nor naughty sand: nor barren grauell, nor of the glittering ponder or dust of a leane stony ground, nor the earth continuall moist, for all these be the speciall defaults of a good and perfit earth. The best ground for a Garden,

den, is the same iudged to be, which in the Summer time is neither very drie, nor clayie, nor sandie and rough, nor endamaged with gapings, procured by heat of the Summer, as the worthy Didimus in his Greeke instructions of husbandrie writeth. Wherefore the earth which in summer time is wont to be drie, either perisheth or loseth all the seeds sowne, and plants set in it, or yeeldeth those thinne, and weake prouing on the ground. For the clayie ground of it selfe, ouer fast holdeth: but the sandie and rough, in a contrary maner: so that neither is wont to nourish plants, nor retaine water. Therefore an apt earth for a garden, shal you readily trie and find out, if the same thorow wet and dissolued with water, you shall see to haue a much clammines and fastnesse. In which ground, if a watrinesse shal exceede, then shall you iudge the same disagreeable and vnfruitfull: if dissoluing the earth with water, you shall find the same very clammie, or much cleauing to the hand & fingers as if it were waxe, this earth shall you acount as wholly vnprofitable. Pliny willeth that a garden plot before all other matters done to it, be very wel clensed of stone, and to these, that the earth proue not full of chappes, or but few to be seene, lest the sunne beames entring betweene, may so scorch and burne the roites of the plants. For which cause, the best and gentle or worthiest earth shall be chosen, in which you mind to commit your seedes: or for the same, that the nurce as a mother, may often agree to the fruit, or yeeld to be an aider and furtherer to it.

Certaine plainer instructions, much furthering the Gardener, in the knowledge and choice of a good and battle ground, with other matter necessarie.

Chap. 4.

The Gardener minding to trie and know a fat earth, for the vse of a garden shall worke after this maner: in taking a little clod of the earth, and the same to sprinckle with faire water, kneading it well in the hand: which after appearing clammie, and cleauing or sticking to the fingers, doth vndoubtedly witnes that earth to haue a fatnes in it. An other trial of a battle earth may thus be purchased, if you dig vp a rotten clod, in a maner blacke, and the same able enough to couer it self with the growth of ỹ owne grasse, & appearing alls of mixt colour, which earth, if it be found thinne and close, may

well be fattened and made clammy, through the adioyning and mixing of a fat earth to it. The garden ground doth also require a sweetnesse to consist in it, which the Gardener shal easily find and know by taste of it: if so he be take vp a clodde of the earth in any part of the ground which most misliketh him, and moistning the clod with faire water in an earthen potsherd, doth after the dipping of the finger in this moist earth and water, let a drop softly fal on the tongue, he shall incontinent feele and perceiue (by reason of the taste) of what condition the same is. Further, euery fat earth being reasonable lose, is euermore commended and chosen, which of it selfe requireth small labour, and yeldeth the most increase. But worst of al others is that ground, which shal be both drie and grosse, leane and cold. In the kindes of ground, the chalke is to bee refused: which properly the ancients name the clayish, and reddish earth. The worthie Varro commended the same ground, which of it selfe being drie and pliable, yeldeth properly wallwoorts. The same earth doth Columella greatly allow, which of the owne accord yeldeth or bringeth foorth Wilding or Crabbe trees, yong springs, the Slow or Bullesse trees Elme trees, and such like. So that a battle ground, is on such wise found and knowne: the rather of the creeping things, seene in it of the owne accord: yet of necessity may euery ground well agree, to be mixed and turned in with dung. Florentius vttereth an other triall of a fruitfull ground: if so be the Gardener diggeth vp a furrow, of a foote and a halfe deepe, and filleth the same againe with the owne earth, which in short time after gapeth or choppeth, this no doubt is a weake and leane earth, but if the earth thus ordered, swelleth or retcheth out, then is it a sure note, that the same is a battle and fat ground. And this is noted to be a mean earth, which after the digging and raking euen, gapeth but a little. This I thought not good to be couered nor willingly ouer passed: that a garden plot situated or standing neare to a mote, or compassed by a mote, is not alwaies laudable, in that the seeds bestowed in the same, and diuers plants set in it, do lightly and soone through the water vapourating forth, waxe old: yea the fruits (whether those shalbe of the hearbs or trees) are for the more part caused vnpleasant, and ouermoist. Further conceiue, that a garden ground, ought to be of a moderate increase, and easie dressing:

which

which neither is very moist, nor ouer drie of it selfe. To these such a earth is greatly commended as being new digged, birds couet to it: and that crowes especially follow the new casting of the digger. If the earth shall be found naughtie or vnfruitfull, as the clayie, sandie, and chalkie, then ought the same to be amended, after the minde of the skilfull, with mearse and dung laid thrée foote déepe, and well turned in with the earth: if this be perceiued ouer thin and leane, then to be mixed and holpen by a fat earth: or to a barren and ouerdrie ground, may be mixed a moist and verie fat earth. A waterie ground is made the better, if the same be mixed with a sandy or smal grauelly earth, and déep allies made, for the conueying and shifting of the water falling in the night. But to vse such a tedious paines in these, Pliny accounteth it a madnesse: for what fruite or gaine may be hopped after, in bestowing such a trauell and diligence in the like ground plotte? To conclude, euery reasonable earth may verie much be holpen, through the wel dunging and laboring of the Gardener: of which matter (in the proper place) we meane fully to intreat.

Of the placing and standing of a Garden plot, with the necessarie benefit of a water to a Garden, and other matters profitable. Chap. 5.

IT is right necessary (saith Varro) to place gardens neare to the Citie, aswel for the benefit of pot-hearbes and roots, as al maner of swéete smelling flowres, that the Citie greatly néedeth. Where these placed in a soile farre off that they cannot so conueniently and in due time be brought to the Market to be sold, in such places are altogether disallowed, & thought friuolous for the turne. Cato doth very much commend the Garden plot placed neare to the City, in which both yong trées to beare vp vines, & willow or Osier trees be planted nigh to water sides, & in al places waterie: and that through the garden ground, water or springs be séene running. To these the séedes of most hearbes committed into a well dunged, dressed, and faire or large open plot, in which besides all kindes of fruits, for the vse of man, workemanly planted and set in apt times of the yeare. This skilful Cato also willeth, that al kindes of garden grounds be placed and framed neare to the Citie, aswel for the Garland or posie

flowres,

flowres, as all manner round and delectable rootes, with the ſweete and pleaſant ſmelling trees: as all the kindes of the Roſes, the ſweete Jacemine, the Eglantine bzier, the Myrtle tre, and all others of like ſozt, ſowed and planted in due ſeaſons of the yeare. But a Garden plotte, onely ſeruing fo2 the vſe of pot-hearbes and the kitchin, ought eſpecially to be a battle ground, ſufficient moiſt of it ſelfe, and well turned in o2 wo2kemanly laboured with dung. Garden plottes ought to be placed farre from Barnes, Pay-loftes and Stables, if the ſame poſſibly may be refuſed, o2 otherwiſe choſen fo2 the turne: that in the chaffe o2 duſt of the ſtraws (as enemy to them) the plants hardly bzeake and ſuffer, inſomuch that the very ſtrawes blowne abzoad with the winde, and falling on herbs, ſo greatly annoy and harme them, as the ſingular Florentius in his Gzeke inſtructions of huſbandzie ſkilfully vttereth. Fo2 theſe, ſaith he, by cleauing to the plants in the falling, pierce the leaues, which once pierced, are incontinent burned with them. All Gardens aſwell pzoſper by the dunging with rootes, as with the pzoper dung allowable: yet dunging the garden earth, with the bzanches and leaues of trees, is of the ſkilfull Gardeners very much diſallowed, as vnpzofitable and noyous to hearbs.

As to the wel ſtanding of a garden behoueth: the apteſt and moſt laudable placing of a garden plot ſhalbe, if the plaine ground lying ſomwhat aſlope, ſhal haue a courſe of ſpzing water running thozow by ſeueral parts. But this courſe of water running thozow the garden plot, may in no wiſe be bigge. And the ſmalnes of the labouring and dzeſſing of a garden ground, is mozc of pæld, then the largenes of it, not laboured in a maner at all.

It behoueth to haue a Well in a garden, vnleſſe ſome running water, as either ditch o2 ſmall riuer be neare adioyning: fo2 that a ſweete water ſpzinckled on pong plants and hearbes, giueth a ſpeciall nouriſhment. If a Well be lacking in the garden, then digge a deepe pit in ſome conuenient place of the garden: although it may be a painefull labour fo2 the Gardener, to dzaw water out of the ſame. Fo2 a garden ground needeth often to be watered, thzough which all ſeeds committed to the earth, as Pliny repozteth, both ſowner bzeake fozth, and ſpeedier ſpzead abzoad. That a pit with water of long continuance may be purchaſed, the ſame at that time Columella

mella willeth to be digged when the Sunne ſhall obtaine or occupie the laſt degrée of Virgo: which is in the moneth of September, before the equinoctiall harueſt. For the vertue then of wel-ſprings are throughly tried and found out: at which time through the long drought of Summer, the earth lacketh the due moiſture of raine. If a well or pit to purpoſe cannot bee made in the Garden: then frame vp a ſquare pit or Ceſterne leauelled in the bottome with bricke and Lime to receiue the raine water falling, with which in the hotteſt Summer daies, you may water the beddes of the Garden. But if all theſe manner of helpes and waies ſhall faile the Gardener, or cannot well be compaſſed in the Garden ground, then ſhall he dig the ground after the mind of Palladius Rutilius, three or foure foote the deeper or lower. For ths beddes on ſuch wiſe ordered, being workmanly laboured and lowen, may the better endure through the lowe ſtanding, the whole drought of the Summer daies. In the Garden ground beſides, this ſhall you obſerue, that when the Allies or pathes of the beddes be ouer cloyed with water, to dig deepe gutters here and there after your diſcretion, in ſuch order, that the water falling and running along, may be guided into a conuenient pitte, made at the lower ſide or ende of the Garden, for that onely purpoſe. Here further learne, that what Garden plot the nature of the moiſture helpeth not, the ſame may you aptly deuide into parts, in conuerting the ſpaces, digged & dreſſed for the winter time to lie open to the South, and thoſe prepared for the Summer time, like vnto the North quarter.

What aire commended for the benefit of a Garden, and which be noious as well to Man as the Plants: and the reaſon why Garden plots ought to be placed nigh to the owners houſe. Chap. 6.

EVery ground-plot lying neare to the City, as well the Garden as Orchard, ought to be placed neare to the houſe, for the oftner reſourſe & diligence to be beſtowed of the owner: and the Garden eſpecially to be laboured and well turned vp with dung: through whoſe iuice and fatning, the earth may yeelde hearbes of her owne accorde. As touching the aire commended for a Garden, the ſame being cleare and temperate is beſt allowed, in that this not onely cheriſheth and

prosperеth the hearbes growing in it, but procureth a delight and comfort to the walkers therein. An euill aire in the contrarie maner, troubled with the vapours of standing pittes, ditches, and such like mired to it, doth not only annoy and corrupt the plants and herbs growing in that Garden fast by, but choke and dull the Spiritts of men, by walking in the same. Besides, the windes biting, and frosts mortifying, doe both harme and destroy Plants. Auicen writing of the aire, doeth in skilfull manner vtter, that the same aire, which after the Sunne setting is soone cold, and after the Sunne rising spedily hotte, is both subtile and healthfull to man. So that a contrarie aire to this, worketh the contrary to Man and Plants. Yet that aire is accounted worser, which seemeth as it were to wring or binde hard together the heart: yea, making strait or letting the attraction of aire. The learned Neapolitane Rutilius, besides these reporteth, that the subtilnesse or healthfulnesse of aire, doe declare those places free from low vallies, and stinking mists or fogges in the night, that might annoy both men and the plants. Neare it doeth not much disagree from the matter, to write in generall of the qualities of the windes, and of these in the briefest manner. First, the Easternly and Westernly windes bee in a manner temperate of qualitie, as betweene a hotnesse and coldnesse, yet of the two, the Easternly winds be knowne drier. Further, the Easternly winds are for the more part hotter then the Westernly, and the Westernly by report of the ancient, somewhat more moist then the Easternly. Of all the windes for the benefit of the Garden, is the South-west winde especially commended: as the worthie Florentius in his greeke rules, and others of experience affirme.

Besides these, as vnto the clemencie or temperatnesse of aire, and healthfulnesse of the place belongeth, a Garden plot in cold countries ought in a contrary maner to be placed, as either to the East or South quarter: if the same be such a plot of ground, which both conteineth trees and Plants, or hearbs comming vp in it, lest the Garden plot excluded from these two parts by the object or standing against of some most great and high hill, be so nipped, frozen, and withered, with the extreame cold long continuing, or the Garden plot otherwise farre distant from the comfort of the Sunne on the North part, or else the Sun only shining low and weake, at the West quarter of the same:

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The ſingular Cato willeth, that the Garden, if a man can, be placed at the foote of an hill: and the ſame beholding or lying open to the South, eſpecially in a healthfull place. For a Garden plot thus defended by an high hill, on the North part, and al the day comforted by the open face of the South quarter, is procured to yelde the ſweeter and timelier fruits, in the ſeaſons of the yeare. But in hot Regions or Countries, the open place of a Garden ground muſt be rather ſcituated towards the North quarter: which may through the like ſtanding, anaile as well to health of bodie and quickning of the ſpirits, as to profite and pleaſure.

This beſides conceiue, that the placing of a Garden ground, neere to a Fenne or Pariſh, is every where to be miſliked and refuſed: if the ſame lie open towards the South or Weſt, and yearely in the Summer time is accuſtomed to be drie: for on ſuch wiſe happening, the aire thereabout gathered vp, both in the falling againe, engender either the Peſtilence, or wicked vermin, much harming the Garden plot lying nigh to it. There is alſo a great regard to be had to the water, mote, or ditch, ſtanding nie or round about the garden ground: whether this for the more part be wont to vaporate or breath forth any noyſome aire, that may both to men and the plants bee harmefull. For peculier or proper is the ſame (or rather ſuch is the propertie) of very many ſtill waters and motes. So that it is the counſell of the ſkilfull (if any like be knowen) to refraine from placing any Garden plotte or Orchard, if the owner may chuſe, neare to the ſame.

The forme of the incloſures, which Husbandmen, and Romanes in time paſt inuented. Chap. 7.

FOraſmuch as the ſame may bee thought a meere madneſſe, to haue choſen out a fitte plotte of ground, and to caſt, digge, and dreſſe it ſeemely in all points; yet lying open day and night, as well to the incurſions and common haunt, as the iniuries to be wrought and done by robbers or theeues, fowles and beaſts: for that cauſe, I heere mind to intreat of ſundry maners of fencing, and compaſſing in of the Garden grounds in ancient time. Firſt, the ſkilfull and warie Huſbandmen in time paſt, being thoſe of good abilitie, built them

wals about of Free ſtone artly laid, and mortered together, and ſome did, with baked bricke like handled. Others of leſſer abilitie, and of the meaner ſort, framed them incloſures, with ſtones handſomely laid one vpon an other with morter or clay: and ſome of them couched the broad Salt ſtones, with other bigge and large ſtones (in like order about) where ſuch dwell by quarries of ſtone. But very many of the baſer and poorer ſort, made them fences and wals about, with mudde of the ditch, dung, chaffe, and ſtrawes cut ſhort, and well mired together. Others there were, which with bigge Canes ſet vpright, by ſmall poles bound together, ſo fenced their Garden plotte, in handſome manner round about. Some alſo with yong willowe trees, ſet by certaine diſtances, and the drie blacke thorne (purchaſed from the wood) being bound in (betweene the ſpaces) ſo framed their incloſure: but this manner of incloſing wrought or built by Art, the ſkilfuller named a dead and rough incloſure, made eſpecially for the keeping and defending of cattell out of the Garden ground. Yet the hedge or incloſure erected after this manner, required euery yeare to bee new repaired and bound vp in the places needfull, to the tediouſneſſe and great paines of the huſbandman.

The learned Columella in his huſbandrie reporteth, that the Romanes in time paſt, fenced and incloſed their Garden grounds, with bigge quarters ſet vpright, and poles with lathes, very thicke faſtned to them by ſmall rods of the Aſier tree walling them in. Some bored large holes thorow bigge bodies or ſtockes of trees, that quarters or great poles made for the purpoſe might paſſe thorow them, either by two or three together, in reaſonable diſtance, with paile borde raiſed and faſtned along to them. Some alſo through the timber of trees (ſet into the earth) faſtned bigge poles or long quarters round about, much like to the vſuall cattell pounds in our age. But ſome attaining to more skill, erected as Varro reporteth, a naturall incloſure, ſet about with blacke or white thorne trees, and yong willowes: which had beſides the rootes of a quick ſet hedge, that in time growing vp, withſtood tempeſtes, windes, land floods, yea fire the conſumer of all things put to it. The ancient huſbandmen did beſides theſe, inuent the caſting vp of banks and countermures of earth, round about the Garden plotte, much like to the trenches in time of warre

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about Bulwarkes and Tents: and these they specially made neare to high waies or by Riuers, or Parishes, or Fens lying open, or other fieldes, that the Garden plot might on such wise bee defended, from the damages and harmes both of Theeues, Cattell, and Landflods.

For a plainer conceiuing of the aboueſaid, learne these following; that the ancient Husbandmen did cast vp, and made a deepe ditch about their Garden ground (standing in the open fielde) which might receiue all the raine water falling: and this they so digged with a slope passage, whereby the water might runne the easier and freelier from the bottome. The earth and clay cast vp on the inside (fast by the brinke) they so wrought vp together, that hardly any person (after the drying of the countermure) could clime ouer the same. Some also made high Bankes or countemurs, without a ditch digged about, and the same so serued in the open fieldes in stead of a wall.

To be briefe, the inclosure which longest endured, surest, and of least cost, was the same that the Romanes in ancient time made with brambles, and the white thorne laid orderly in bankes, for the better growing vp. For this inclosure or hedge (after yeares sprung vp) endured by reporte of the learned Cato an infinite time: yea experience in our age, doth likewise confirme the same. For which cause, this inclosure was very much commended of the ancient Romanes, who well conceiued and knew, that the bramble decaied and died not at any season, except it were digged and plucked quite vp by the rootes. Yea they learned by practise, that the bramble singed or scorched with straw flaming, recouered and grew euery yeare after, both stiffer, rougher, and thicker together.

The latter inuentions of erecting a natural and strong hedge, which in time growing, may proue a most sure defence and safegarde of the Garden. Chap. 8.

The most commendable inclosure for euery garden plot, is a quickset hedge, made with the brambles & white thorne: but the stronger and more defensiue hedge is the same, which the singuler Democritus in his Greeke instructions of Husbandrie (that wrote long before Columella and Palladius Rutilius) cunningly vttereth, and the

ſame with eaſe and ſmall coſt after this maner: Gather ſaith he, in a due ſeaſon of the yeare, the ſædes found in the redde berries of the biggeſt and higheſt Briars (which by a more common name with vs, are called the wilde Eglantine Briars) the through ripe ſædes of the brambles (running low by the ground) the ripe ſædes of the white Thorne, and to theſe both the ripe Berries of the Gooſe-berry and Barberrie trées: this done, mixe and ſteepe for a time all the Berries and ſeedes in the bending meale of Tares, vnto the thickneſſe of Honie: the ſame mixture lay diligently into olde and vntwiſted Shippe or Well-roapes, or other long worne roapes, and fittered or broken into ſhort pieces, being in a manner ſtarke rotten, in ſuch order, that the ſædes beſtowed or couched within the ſoft haires of them may be preſerued and defended from the colde, vnto the beginning of the ſpring. At which time where you be minded that the incloſure or hedge ſhall runne and ſpring vp, there dig in handſome manner, two ſmall furrowes, and theſe either two or three foote aſunder, and a mans foote and a halfe deepe: into which lay your roapes with the ſædes, couering them workemanly with light earth, and (if neede ſhall require) water by ſprinkling, or moiſten the ſædes, in the ſame wiſe againe.

The worthie Columella (in his husbandrie) and the Neapolitane Palladius Rutilius writing the like inſtruction, in a manner, will, that the ground plotte in which a hedge ſhall bee erected, be compaſſed with two narrow furrowes, digged three foote diſtant one from the other, and a mans foote and a halfe deepe: but theſe to bee made in the Equinoctiall Harueſt, at what time the ground ſhall be well moiſtned with ſhowers. The furrowes thus prepared, they appointed to lie open all the winter through; after in the moneth of Februarie, the roapes with the ſædes, laid into each furrowes to bee couered not thicke ouer with light earth, for hindering the growth of the ſædes, eſpecially of the white Thorne: and that this action bee rather wrought, when as the winde bloweth from the South or Southweſt. The ſædes thus couered with diligence, ſhall appeare within a moneth either more or leſſe, and the tender yong Thornes ſprung vp to ſome height, muſt bee holpen and ſtaied with willow twigges or rather ſmall proppes, ſet betweene the empty ſpaces, vntill the Thornes by their further growth,

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ioyned together, may ſtay one the other: which within few yeares, will grow to a moſt ſtrong defence of the Garden or field, and a ſure ſafegard againſt outward iniuries. Columella beſides willeth, that a willow or Oſier hedge, be ſet on either ſide, and in the middle rome or ſpace betweene the two furrowes, couered and euen raked, that theſe might ſo ſtay the tender thornes, ſpringing vp in either furrow, vnto the time they ioyned, and were growne aboue this willow hedge, or at leaſt vnto ſuch ſtrength, that they well ſtayed one of the other. Others there are as the famous Diophanes (among the Greeke writers of Husbandrie) and with him many the like, which will a quicke-ſet hedge to be erected, and made after this maner. The bigger armes or rods of the bramble, they willed to be cut into ſhort portions or parts, and theſe laide a ſlope into open furrowes of a ſpan deepe, to bee diligently couered with earth: after to vſe about the plants, a daily digging or rearing vp of the earth, and watering of them if neede ſo requireth, vntill the plants budde forth, and the leaues of the ſtemmes open, which by this manner of comforting and cherishing, ſhall grow in a few yeares to a ſtrong, ſure, and continuall hedge.

The Neapolitane Palladius Rutilius, inſtructeth the way and maner of erecting an other quicke-ſet hedge on this wiſe: plant ſaith he, yong Elder trees neare three foote aſunder, then the ſeedes of the brambles, lapped diligently in long lumps of ſoftned and moiſt clay or tough earth, lay the ſame orderly in a ſhallow furrow, betweene the Elder trees, which aptly couered with light earth, and watering the places if neede ſo requireth, will within three yeares following, grow to ſuch a ſtrength and ſurenesſe, that the ſame will bee able enough to defend the iniuries both of the thiefe and beaſt. Palladius Rutilius reporteth, that this hedge of brambles after three yeares growth, ought to be ſenged with flaming ſtraw; for on ſuch wiſe handled, it proſpereth afterward the better: In that the bramble as hee ſaith, through the euery yeares ſenging or burning with ſtraw, ioyeth and increaſeth the better: yea through the yearely burning, as the skilfull Husbandmen affirme, they ſhote out harder and rougher of pricks.

And this manner, to be briefe, is a generall way of incloſing Garden grounds, with ſmall coſt, and eaſily performed. Although the

comlier inclosure or hedge of a Garden be the same, which is made of the white thorne artely laide: that in few yeares with diligence cut, wareth so thicke and strong, that hardly any person can enter into the ground, sauing by the Garden doze: yet in sundrie Garden groundes be hedges framed with the Prinet træ, although far weaker in resistance: which at this day are made the stronger, through the yearely cutting, both aboue, and by the sides: yea the same also caused through the like doing to grow the euener and thicker, to the beautifying of the Garden ground, and for other necessary purposes. To conclude, I haue vttered here the making of certaine naturall inclosures for a Garden, which may with the meanest cost be erected in any ground.

The cause why certaine skilful husbandmen in ancient time misliked the dunging of Gardens neare to the house: and what dung best allowed for the kitchin or pot-hearbes. Chap. 9.

There were in ancient time, as Pliny recordeth, certaine wittie husbandmen, that wholly refused and forbad the dunging of gardens placed nigh to the dwelling houses: in that this dunging might not onely infect the aire thereabout, but cause also the crescent things to proue both vnsauerie and more corrupt. And in this matter the worthie writers of husbandrie commended highly the Græke Poet Hesiodus, which writing very cunningly of husbandrie, omitted the dunging of the fields, and Garden plots, contented rather to counsell vnto healthfulnes then willed the same to fertilitie. Insomuch as it was supposed enough at that time, to haue fatned the fields and Garden plots, with the leanes and emptie cods of the Beanes, Pease, Tares, and such like, turned worke-manly in with the earth in due season of the yere, and not to haue emploied or dunged the ground with a rotten and pestilent matter, incommodious to man and the Plants. Which wise men haue well found out, in that the sowen plants sprung vp in such an earth, yelde for the most part a harmefull qualitie to the daily feeders on them, hardly to be amended.

Yet for that neither the ancient, nor later Husbandmen, seeme to follow the instruction of this precept, nor approue or allow any proper dunging, in prescribing and commending the same in general: for that cause, I heere purpose to intreat in a briefe manner, of the nature

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and vſe of the ſame. But firſt of all to warne you that a good and battle ground needeth ſmall dunging, where a drie and thinne or leane earth in contrary maner requireth plenty of dung. A earth onely drie (as Maro reporteth) well ioyeth to be often fed, and diligently laboured with fat dung: But the ground that hath a meane ſubſtance in it, requireth in like maner a meane dunging to be vſed. Further conceiue, that good dung doeth (for the more part) procure a good and battle earth the better, yea this helpeth and amendeth the euill and naughtie earth: But the euill dung in a contrary maner, doeth euermore cauſe all earths the worſer: And this behoueth the Gardener and huſbandman to know, that as the earth not dunged is both cold and ſtiffe: euen ſo the ground by the ouermuch dunging may be burned altogether. For which cauſe (Columella reporteth) that more auailable and better it is, often to dung the earth, then ouermuch at one time to beſtow in the ground. The earth digged vp to ſerue for the ſpring, ought to be dūged in the wane or decreaſe of the Moone about S. Martins day: that the ſame lying all the Winter thorow, may ſo be diſſolued, againſt the time of committing ſeeds to the earth: and in the moneth of March to be dunged againe, that the earth well moiſtened with ſhowres (in the month of April) may be procured the apter, for the beſtowing of your finer and daintie ſeedes in the ſame. Herein conſider the leanneſſe or fatnes of your earth in the often dunging of it, and the worthines of your ſeeds, which may require a like paines to be beſtowed on the ground. The plot of earth prepared for the Winter ſeedes, ought to be well turned in with dung about the end of September, & the ſeeds committed to the earth, after the ground be well moiſtned with ſhowers. The dung in a Garden plot, for the planting of yong ſets ought not to be couched or laid next to the rootes of the plants: but in ſuch order the dung vſed, that a thin bed of earth be firſt made, for the ſetting of the yong hearbs, next laid to this a handſome bed of dung, as neither to thicke or thin ſpread on that earth: aboue that let another courſe of earth be raked euer of a reaſonable thickneſſe: which workmanly handled & done, ſee that your plants be ſet handſomely into the ground, and in a choſen time. For the earth and beds (on ſuch wiſe prepared) helpe that the plants beſtowed ſhal not at al be burned: neither the heat of the dung, haſtily breath forth to them.

Of the kindes of dung, and which well commended for the dunging of Gardens. Chap. 10.

As touching the worthines & excellency of dung, the Greek writers of husbandry (to whom many of the latin Authors conſēt) affirm that the Doues dung is the beſt, becauſe the ſame poſſeſſeth a mightie hotneſſe, for which they willed this dung to be ſtrawed the thinner, and in a maner (as thin to be ſcattered abroad) as ſeedes on the earth, wherby the ſame may ſo ſeaſon ẏ earth meaſurably, & not on a heap or thick beſtowed (as M Varro reporteth) much like to the dung of cattel throwen abroad on the ground. The dung alſo of ẏ hen and other foules greatly commended for the ſourenes, except ẏ dung of geeſe, duckes, & other water foules, for their much & thin dunging. And although this dung laſt, be weaker then the others, yet may the ſame be profitable, as the ſelf ſame Varro witneſſeth out of ẏ Greek inſtructions of husbandry. A commendation next is attributed to the Aſſes dung, in that the ſame beaſt for his leiſurely eating, digeſteth eaſier, & cauſeth the better dung, which beſtowed in the earth, for that the ſame is moſt fertil by nature, bringeth or yeeldeth forth leaſt ſtore of weeds, and procureth very much al plants and hearbs: yea this cauſeth the moſt ſweet and pleaſanteſt hearbs & rootes. The third in place is the Goats dung, being moſt ſowre, which inſueth the sheps dung yet fatter. After this, both the ore and cow dung, next ẏ ſwines dung, worthier then the oxen or kine, but greatly diſallowed of Columella, for the mightie hotneſſe, in that the ſame burneth the ſeedes immediatly beſtowed in the earth. The vileſt and worſt of al dungs after the opinion of the Greeke writers of husbandrie, is the horſes and mules, if either of theſe be beſtowed alone in the earth, yet with the ſower dungs mired, either wil profitably be abated or qualified. But the ſame eſpecially is to be learned & obſerued of euery gardner and husbandman, that they fatten not the earth, if it be poſſible, with dung of one yeare for the ſame, beſides that it is of no vtility, it engendreth alſo many noiſome wormes and kinds of vermine. But of the contrary mind is Columella, who willeth the earth to be fatned with dung which hath lien a yeare, and not aboue, in that the ſame, as he reporteth, bringeth forth leaſt weedes, and poſſeſſeth as yet a

ſufficient ſtrength for the turne. But how elder the ſame be, ſo much the leſſe profitable, in that it leſſer availeth: yet the neweſt dung (ſaith he) will well agree for Medowes or the fields, in that the ſame procureth the more yeld of graſſe, being beſtowed in the moneth of February and March, in colder countries, and the Sone increaſing of light. The mud alſo of a running water, as the ditch or riuer, may be imployed in the ſtead of dung. The dung beſides of three yeares is eſteemed very good, for that in the longer time lying, whatſoeuer this ſhall haue of the euill qualitie, and ſtinking ſauour, the ſame by that time vapoured forth: and if any hard matter conſiſted in the ſame, the age thoroughly reſolued it. Howſoeuer it ſhall happen, that the earth be the worthieſt dung of all, for flowers and kitchin hearbes in the very thin aſhes reported to bee, which in nature is hot. For the kind of dung either killeth or driueth away the Garden Fleas, the Wormes, the canker Wormes, ſound commonly on Colewoorts, Snailes and all other creeping things waſting the ſtemmes of plants and hearbes. The dung which men make (if the ſame be not mixed with the rubbiſh, or duſt ſwept out of the houſe) is greatly miſliked, for that by nature it is hotter, and burneth the ſeedes ſowen in that earth: ſo that this is not to be vſed, vnleſſe the ground be a barreine, grauelly or very looſe ſand, lacking ſtrength in it, which being on ſuch wiſe, requireth the more helpe of nourithment and fatning, through this kind of dung: yet for lacke of the foreſaid dungs, the others may be put in vſe: ſo that theſe with the Spade be often changed and diſperſed in the ground. Here you may not forget, that a waterie garden plotte requireth the more plenty of dung, but a drie earth needeth the leſſer dunging: the one for the daily moiſture running in it, being ouercold and ſtiffe, is through the often applying of the hot dung, reſolued and made temperate. And the other drie of it ſelfe through the heate conſiſting in it, by much applying of this hot dung, is of the ſame burned: for that cauſe the moiſture of ground ought to haue more of dung, but the drier, ſmal dunging. That if no kind of dung can be purchaſed, then in grauelly grounds, it ſhal be beſt to dung the ſame with chalk: but in chalkie places, & ouer-thick, thoſe dung with grauelly earth: for ſuch wiſe garden plots, ſhal not only be cauſed to be battle and fruitful but ſhal alſo become faire and delectable, as Columella the moſt

diligent and skilful instructer (of the Romane Gardens) witnesseth: let this last instruction of Pliny be remembred, that at what time soeuer you mind to dung a Garden for yéelding of few weeds, so that the wind blow then from the West quarter, and the Moone decreasing of light, and the earth also drie: But for the dunging of a Medowe (as before vttered) let the same be done in the increase of the Moone, &c For by such an obseruation followed, the plentifulnesse of yéeld is marueilous much increased: as after the worthy Greekes, the Latine writers of husbandrie haue noted.

What is to be considered of euery Gardener, after the casting forth and leuelling of the beds, with the disposing of the earth. Chap. 11.

BEfore I intreat of the sowing of Gardens, it behoueth to admonish you, that it much auaileth in a Garden, to frame seemely walkes and Allies, for the delight of the owner, by which he may the freelier walke hither and thither in them, & consider thoroughly al the matters wrought and done in the garden, if the disquietnes of mind hinder not the benefite of the same. The walkes and Allies shall to that end be disposed, that they may serue in the stead of a dunging in those places as the worthy interpreter M. Cato (ỳ cunningly wrote of the ancient husbandrie) witnesseth. These before considered, let vs come vnto the matter: Certaine skilful practitioners admonish, that a Garden plot or field, be not sowen ouer al, vntill the earth before shall be well moistned with showers. That if these fall in due season and time (then the skilfull Gardeners agree) to be wel liked. If any be otherwise occasioned to sow, as often so it happeneth, then the seeds slowly breake forth, how workmanly soeuer the séedes may be bestowed in a drie Garden ground, or plough land, as ỳ worthie Columella witnesseth: which like matter in certaine countries is wont to be exercised, where the condition of the aire is on such wise. For what ỳ same is which shalbe bestowed in a drie earth, is euen ỳ like, as if the same were laid in a house which corrupteth not. But when showers fal on the séeds (committed to the earth certaine daies before) they after shoote vp in one day: yet are these séedes in danger (sowne in the meane time) of Birds, and Ants or Pismires, except the séedes be (before the sowing) preserued and defended with those helps

helps which shal after be vttered in ỹ proper place following. Howsoeuer the occasion and weather serue, the Gardner shal employ his diligence, that the Garden ground or field, which ought to be leuelled and sowne in the spring time (that the same may yelde the proper fruits in the Summer time) be digged and dunged (if need so require to the earth) about the end of harueſt, when as yet the cold season and frosts be not approched, nor bitter weather begun. And the same garden plotte or quarters of the garden, which the Gardener would in the harueſt time haue couered with the sallet, pot-hearbs and roots, ought to be turned vp in the beginning of Summer, or in the moneth of May. that the clods of earth may through al the colde Winter, and hot Summer weather (speaking or rather here meaning of the greater Gardens) be so dissolued, as the worthie Maro skilfully instructeth.

And to these, that the rotes of the vnprofitable hearbes or weedes may likewise be killed: after the winter or Summer time ended, dung then must be orderly turned in with the earth: as in the moneth of March (the Mone decreasing) for the spring time, and in the end of harueſt for the winter time. And when the sowing time approcheth or draweth neare, then shall the garden ground (as the proper order and maner of euery countrie is) be diligently raked, weeded & purged, both of the stones and vnprofitable rots: after the same, let the earth be dunged and orderly digged, as in the maner afore taught, which through the diligent digging so often repeated, that the dung with the earth by the twice labouring ouer, be well dissolued and mixed together. After this digging and dunging againe the second time (if the ground needeth such fatting) and the earth leuelled, may the garden (about the midſt of February, but I rather suppose in the moneth of March to be more agreeable, and the Mone especially in her firſt quarter) be beautified in apt places of the same, with seemly hearbes, before the quarters and beds be workmanly troden out by the Gardener, the instruction of which hearbes shall fully be bettered in this next Chapter.

The framing of ſundry hearbs delectable in a Garden, with the walkes and Allies artly deuiſed in the ſame. Chap. 12.

THe herbar in a garde may be framed with Iuniper poles, or the Willow, either to ſtretch, or to be bound together with Oſiers, after a ſquare forme, or in arch maner winded, that the branches of the Vine, Mellon, or Cucumber, running and ſpreading all ouer, might ſo ſhadow and kepe both the heat & ſun from the walkers and ſitters there vnder. The herbs erected and framed in maner garders, are to their much refreſhing, comfort and delight. Theſe two, as the vpright, directed by quarters ſet in the earth, & leaning to the wall, neare to which faire Roſemarie, or the red Roſe, ſet to run ſtraight vp, and the winding in arch maner framed (as I vttered afore) with the Iuniper or withie poles, to ſhadow the wals there vnder. To this ſaſning the vine, and ſundrie hearbs which in the growing vp, runne and ſpread ouer the ſame, as the Briony, Cucumber, Gourd, & diuers others, of which here vnder we ſhal more fully intreat. But firſt I meane to ſpeake of thoſe herbs, which the Gardener planteth and ordereth to run for beauties ſake in an vpright herbar: after to intreat of thoſe which he either ſoweth or planteth, to run ouer the winding or arch herbar. The plants to run vp & ſerue comelieſt for the ſtraight herbar, ought to be thoſe of a fragrant ſauour, and that

grow

grow or shoote vp high, and are spread abroad, which especially framed in a garden for delight and pleasure, and these properly named wall hearbes, in that they are set in a manner leaning to the wall, with the quarters set vpright, and plots fastned ouerthwart, along the which, the Rosemarie, the Jasmine, and red Rose in many gardens, set to grow vpright, which in time growing, beautifie an vpright herbar, although these couer not the same, through their shorter and lower growing then the herbar: yet the commoditie ensueth by the herbar, that the owners friends sitting in the same, may the freelier see and behold the beautie of the Garden, to their great delight. The erection and garnishing of the winding herbar may best be wrought with Juniper poles, in that these may well endure without repairing for tenne yeares: but those framed with the Willow poles, require euerie three yeares to be repaired.

The owner or Gardener that would set Rose trées to runne vp by the poles of the herbar, ought workemanly to beginne and doe the same about the middest of Februarie, and in the first quarter of the Moone, the beds before well reared with a stonie and drie earth, and not with dung. The Rose trées with their rootes are also to be planted in short and narrow beddes diligently raised with a drie earth: but if the Gardener or owner will, slippes may be broken off from the rootes, cut in a slope maner at the heads, about a mans foote and a halfe long, writhed at the ends, and so set in a slope manner, a foot deepe into beds, well reared with a drie earth, and in the encrease of the Moone. The old trées new set euerie fift yeare in the wane of the Moone take root the sooner, and yéeld the more Roses, being proined and refreshed euery yeare with new and drie earth about the rootes, for neither the slips nor old rootes ioy in a fat clay, or moist ground, but in the drie and stony earth, and to be sette in rankes well a foote distance one from another, in drie beddes well reared vp: for bestowed in rankes of such distance betweene, they prosper the better, and yéelde more Roses. The séedes of the Rose committed to the earth, doe slowly come vp, yet so often as you minde to sowe the séedes, bestow them a foote deepe in light and drie earth, about the middest of March with vs, and in Februarie in hotter places, the Moone then increasing.

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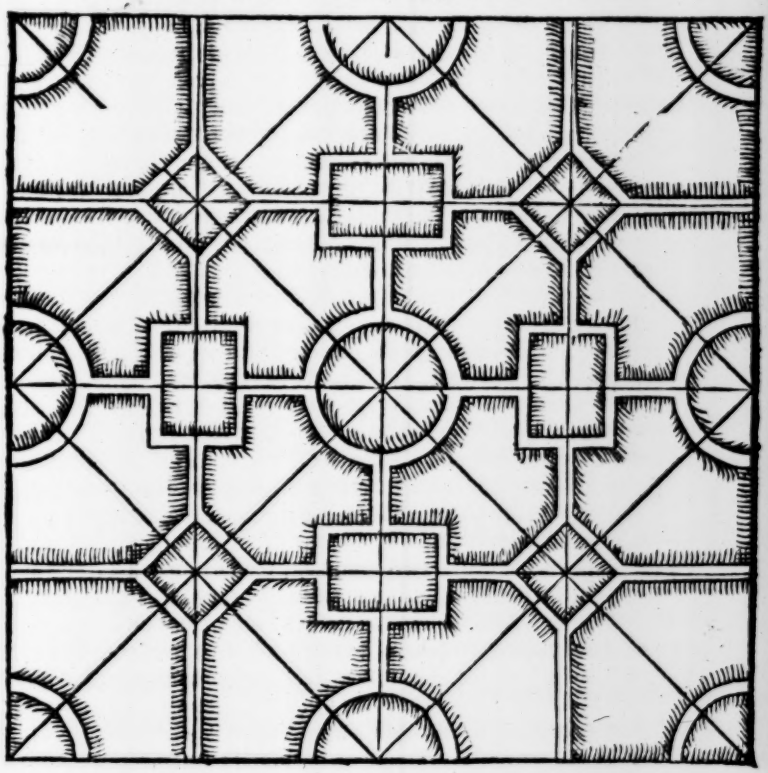
Here may any truely learn by the inſtruction of the worthy Neapolitane Palladius Rutilius, which are the ſeeds of the Roſe: for a man (ſaith he) may not thinke the yellow grains within the Roſe flowre (being of a golden colour) to be them, but the knobs which grow after the maner of a moſt ſhort and ſmall peare, the ſeeds of which are then full ripe, when they be perceiued browniſh and ſoft, which will be in the moneth of September. The owner alſo may ſet the Jaſmine tree bearing a flagrant flowre, the muſke Roſe, damaſk Roſe and Vyinet tree, in beds of drie earth, to ſhoote vp & ſpread ouer this Herber, which in time growing, not only defendeth the heate of the Sunne, but yeeldeth a delectable ſmell, much refreſhing the ſitters vnder it. But this Arch-herber for any kinde of Roſes, may not be built much aboue a mans heigth for the ſhort growth of them. And as this herber is delectable to the eie, euen ſo laborſome, & with diligence to be tended: for which cauſe the more number in England, plant Vines (for the leſſer trauell) to runne and ſpread ouer the vpright and ſquare hearbs, framed with quarters and poles reaching a breedth. After the hearbes ſeemely perfourmed, in conuenient places and walkes of the Garden ground (heere meaning and ſpeaking of the large plottes) the Allies euen troden out, and leueled by a line, as either three or foure foote abroad, may cleanely be ſifted ouer with riuer or ſea ſand, to the end that ſhowers of raine falling, may not offend the walkers (at that inſtant) in them, by the earth cleauing or clagging to their feete. The commodities of theſe Allies and walkes, ſerue to good purpoſes, the one is, that the owner may diligently view the proſperity of his hearbes and flowers, the other for the delight and comfort of the wearied mind, which he may by himſelf or fellowſhip of his friends conceiue, in the delectable ſights, and fragrant ſmels of the flowres, by walking vp and downe, and about the garden in them, which for the pleaſant ſights & refreſhing of the dul ſpirits, with the ſharpening of memory, many ſhadowed ouer with vaulting or Arch-hearbs, hauing windowes properly made towards the garden, whereby they might the more fully view, and haue delight of the whole beauty of the garden. But the ſtrait walks, the wealthy made like Galleries, being al open towards the garden, & couered with ỹ vine ſpreading al ouer, or ſome other trees which more pleaſed them. Thus briefly haue I touched

the

the benefits of walkes and Allies in any Garden ground : which the Gardener of his owne experience may artly tread out by a line, and lift ouer with sand, if the owner will for the causes afore vttered.

The forme of disposing the beddes, and apt borders about, with the sowing, choice, and defence of the seedes, and weeding of the beddes. Chap. 13.



THe quarters well turned in, and fatned with good dung a time before, & the earth raised through the dunging, shall in handsome

maner by a line ſet down in the earth, be troden out into beds, & ſeemely borders, which beds (as Columella witneſſeth) raiſed neerly afore with dung, and finely raked ouer, with the clods diſſolued, and ſtones purged forth, ſhalbe artely troden out into three foote of breadth, and into what length the owner or Gardener will: but to ſuch a breadth eſpecially troden forth, that the weeders hands may well reach vnto the midſt of the ſame, leſt they thus going to the beddes, and weeding forth the vnprofitable hearbs and graſſe, may in the meane time tread down both the ſeeds ſhooting vp, & plants aboue the earth. To the help of which, let the pathes betweene the beddes be of ſuch a reaſonable breadth (as a mans foot) that they paſſing along by, may freely weede the one halfe firſt, and next the other halfe left to weede.

The beds alſo ought (after the minde of the worthy Neapolitane Paladius Rutilius) to be troden out narrow, and of a length, as twelue foote long if the plot be large, and fiue foote broad, and the pathes of theſe of a ſeemely breadth, for the eaſier reaching into the middle of the beds, or at the leaſt freeler to the furtherance and ſpeed of the weeders. In a moiſt and waterie Garden plotte this skilful Neapolitane willeth, that the beds in the ſame ground be reared two foot high, for the better proſpering of the ſeedes committed to the earth, and the plants come vp. But in a drie ground, the edges of the beds raiſed a foote high ſhall well ſuffice. The pathes troden out betweene the beddes ought to be of good depth and euen, whereby the water ſprinkled gently forth by a water pot on the vpper face of the beds, and falling into the pathes, may the eaſier enter into the beds, to the better moiſtning and feeding of the rootes of the plants, and the reſt ſuperfluous to run the eaſier into other Allies or pathes needing this moiſture, which by this eaſie running along in the pathes, ſhall procure a ſpeedier moiſtning, and far better watering of all the beds, yea the ſuperfluous water in the end, lying ſtill in the pathes, may through a ſlope gutter made in the middeſt of them, be directed forth into a conuenient place made for the purpoſe, of ſome diſtance from the beddes. And this inſtruction much auaileth to beddes in the night time, when as mightie ſhowers happen to fall, which might ouercloy the beds, were it not for the gutters ſpeedily conueying the waters away.

All theſe inſtructions conceiued, the Gardener or owner may then prepare himſelfe to the committing of ſeedes to the earth:

earth: in which he ought to be carefull, that after the bestowing of the seedes in the earth, a clearenesse or mildnesse of the aire may for certaine daies succeede: for through the aire and weather fauoring, and the seedes sowen in warme places, where the Sun long shineth, doe they most speedily breake and shoote aboue the earth, so that the seedes be new and good, the age of which in this doing, much auaileth to be examined and knowne. Therefore euery Gardener and owner ought to be carefull and diligently to foresee, that the seedes committed to the earth (as M. Cato willeth) be neither too olde, drie, thinne withered, nor counterfeited, but rather full, new, and hauing iuice. These notes of the seedes remembred, and the Gardener minded to commit them to the earth, ought afore to regard, that the winde at that instant bloweth not from the North, but rather from the South, or Southwest nor the day very colo: for in such seasons and daies (as all the skilfull report) the earth is then timorous and fast shut, hardly receiueth and nourisheth the seedes committed to it, where the ground in a contrary manner, doth willingly apply and retaine the seeds, bestowed or sowne in faire daies, and temperat hot.

The artly disposing of sundry beds, for the sowing and increase of diuers fruits and Kitchin hearbs, with the wittie defences to be vsed after the seedes are bestowed. Chap. 24.

The Gardener minding to commit chosen seeds into sundry beds, ought to learne, that the beds lying open to the South, be high raised, through the wel mixing of horse dung with the earth, and after the euen raking and leuelling to remain a certain time vnsowed: then one or two of the beds in the moneth of March, and in the increase of the Moone, may he sow with Lettuce & Purselane seedes, for these sower spring vp in the moneth of March then February, to be remoued in the beddes, after the plants be shotte vp halfe a finger high. In those beddes may he also sow the Parcely, Rocket, Sorrell, Endiue, and diuers other Sallet hearbes: which after they be somewhat come vp, may be thinner set in other beddes. Haue before a speciall regard to your seedes, that they bee neither too old, withered, thinne, and emptie: and the borders of these Beddes may you bestow with the seedes of the Artichoke, well two hand breadth asunder.

In another bed you may ſow fine ſeedes, to haue pleaſant hearbes that may be kept drie for the potte or kitchin in the Winter time, and thoſe which yéeld delectable flowres, to beautifie and refreſh the houſe, as the Marioram, French balme, Tyme, Hiſſope, Baſill, Sanerie, Sage, Marigolde, Buglas, Borage, and ſundry others. The Gardener may trie theſe ſeedes in beds, lying all open to the warme Sunne, as the Orenge, Lemmon, Pomecitron, Pomegranate, the Myrtle and Date, but theſe ought to bee fenced by a ſuccour on the North ſide, that the cold aire hinder or let not the comming vp of them. When the Citron or any of theſe be well ſprung vp, the Gardener ought to remooue and ſet them into proper chefts filled with light earth, which at will and pleaſure may be rolled hither and thither, for the better auoiding of the Sunnes great heate, and bitter cold aire, by ſtanding vnder a coner or Penthouſe, made for the onely purpoſe. In another bedde being of good length, and placed toward the quicke-ſet hedge, and to runne ouer the Arch Herber, may the Gardener beſtow ſeedes of the Cucumber, Citrone, round Gourd and long: In another bedde alſo, being long and narrow, and deep furrowes at each ſide made, to ſet veſſels lower then the beds, may the Gardener ſow ſeedes of the ſundry kindes of Melons. That the birds and other fowles may be defended from comming to the ſeedes committed to the earth, the ſkilfull will, that the white thorne be laid on the beds: but to beſtow your ſeedes in beds rather in the moneth of March then February, and the Moone increaſing, do ſpeedier appeare aboue the earth. Yet if the Gardener feareth leſt the ſeedes committed to the earth ſhould be in danger through the bitter cold aire, and Suns heat following (as yearely the like ſo happeneth) the beds may then be couered with thick Mattreſſes of ſtraw in ſuch maner, that they hinder not through their weight, the creſcent things comming vp, which may thus be ordered, in ſetting firſt vp ſundry forked ſticks at each corner, and in the ſides of the beddes, on which long rods laid, reaching to each corner, and at the endes, as Columella willeth: theſe done, let him wittily lay on the Mattreſſes, in couering & defending the yong plants from the cold or heat, at that time. But at ſuch times as the aire being cléere in the cold ſeaſon, the Mattreſſes (when the Sun ſhineth warme) may be taken off, for the ſpeedier increaſing of the Plants ſpringing vp. All hearbs and rootes

for

for the Kitchin, prosper far better by their remouing, and thinner setting, through which (by report of the skilfull) they yelde a pleasanter sauor. There are of Greeke writers of husbandry, which will the sowing of seedes to be done in the increase of the Moone, as from the first quarter, vntill the full light of the Moone, and she knowing at that time to be vnder the earth in the day time. Others hauing deuised a perfiter way, do not allow a timely or early sowing of seedes, for which cause they disposed and diuided the same sowing of seedes, into two, yea into three or foure seuerall times of the day, contenting by this meanes to auoide the vncertaintie of the time to come: herein calling to minde the husbandly prouerbe of the worthie Columella, which saith, Haue no mistrust in the committing of seedes to the earth.

It therfore behoueth the Gardener, which hath an earnest care for the purchasing of kithin or pot hearbs, to regard and see that the seeds committed to the earth be full & new, ỳ earth artly prepared, the dung in the same laudable, and water at hand for the vse of the seeds. For the seedes sound and good, do yelde after the sowing plants of the like goodnesse and vertue: the earth labored and made apt, will very well keepe and prosper the seedes committed to it: the dung being good and well mixed with the earth, will cause the earth battler, and to these the lower, whereby water diligently sprinkled on the same, may the freelier and easier enter in, to feede and cherish the rootes, and the water seruing to the same end, that it may as by a feeding pappe, nourish and bring vp all crescent things.

The workmanly casting forth, diuiding, and preparing of beds for the most hearbs and rootes of the Kitchin. Chap. 15.

The owner or Gardener ought to remember, that before he committeth seedes to the earth, the beds be disposed and troden out, into such a breedth and length, as best answereth to euery plant & root, in that the beds to be sowen for the Nauew rootes, ought to be troden out large and long: next to which may the beddes for Coleworts and Cabbages bee ioyned of a sufficient breedth: to these next may you place beddes of a reasonable breedth for the Rapes and Turen roots: then for a seemely diuision in the Garden, may he tread out by those an Alley of three foote broad: next to which, if the Gardener will,

may he diſpoſe ſundry beddes together for diuers kindes of hearbes, as the Arache, Spinedge, Rocket, Parcely, Sorrell, Beetes, Sperage, Cheruill, Borrage, Fenell, Dill, Pinis, white Poppie, and ſundrie others. Next ioyning to theſe, may the owner or Gardener place an other alley of three foote broad, by which, frame beddes for the Leekes and Clues: and to the next, may the Gardener ioyne beddes for the Onions and Chiboules; by theſe next, the Scalions and Garlike in two beddes diſpoſed. Then ſeuell out by theſe an Alley of three foote and a halfe broad, to which the Gardener may adioyne many beddes about for borders, ſeruing as well for the keeping in of the ſauours, as for hedges, and pot hearbes for the Winter. After theſe, it ſhall bee right profitable to ſeuell a bedde, onely for Sage, another for Iſope the like for Tyme, another for Marioram, a bedde for Lauender, another for Roſemarie and Southerenwood, a bedde for Sauerie and Iſope beddes for Coſtemarie, Baſill, Balme, and running Tyme: yea a bedde for Camomile, for the vſe of benches to ſit on, and a delectable Labyrinth to bee made in the Garden (if roome will ſo ſerue) with Iſope and Tyme, or the Winter Sauerie onely. In the Garden beſides, to ſow and plant diuers Phyſicke hearbes, and pleaſant flowres, ſhall be to great vſe and commoditie, in that theſe beſide their delectable ſight, yelde a commoditie to our bodies, in curing ſundry griefes as well in women as men: for which cauſe, it ſhall be neceſſary to ſow beds of phyſicke hearbs next to theſe, as the bleſſed Thiſtle, the Romane Wormwood, the Sperage, hearbe Percurie, Gentiane, Dittanie, hearbe Fluelline, Harts tongue, Bugloſſe, Selfe heale, Liuerwort, Lungwort, Stecados, Valeriane, Spiknard, Lionsfoote, Hyngwort, hearbe Patience, Angelica, Bittony, and many others, of which in the ſecond part ſhal particularly be vttered, and their Phyſicke benefits to be employed many waies.

The rare inuentions and defences for moſt ſeeds to be committed to the earth, that theſe be neither endamaged of Birdes or creeping things. Chap. 6.

ALL worthy writers agree, that in vaine the husbandly Gardener ſhal trauel, yea and all other, if the ſeeds beſtowed in the earth happen

happen after to be endamaged either of wormes, and other creeping things, or otherwise scrapes vp and wasted by birds, or else harmed by any other iniury, whether the same be wrought within or without the earth, for which cause, that the owner or Gardener may auoid these iniuries, it is high time that he employ a care and diligence in the conceiuing of these remedies and secrets following. If seeds to be committed to the earth, are a little time before the bestowing, steeped in the iuice of houseleeke or Singreene, they shal not only be without harme preserued from Birdes, Ants, field Mice, and other spoilers of the Garden hearbs, but what plants shoot vp of these, shall after proue the better and worthier, as I obserued the like, found noted both in the Greeke commentaries (of matters of the field) and Latine Authors of husbandrie: which to bee most true, although experience instructeth and approueth the same, yet this many times happeneth in sundry Countries, that small store of the hearbe can be found to supply the turne, by reason whereof the Gardener must be forced to exercise a sparer way after this maner, in steeping of the hearbe for a night in a good quantitie, and the same to sprinckle sufficiently on the seedes, whereby they may all the night drawe and drinke in the substance of the hearbe, as the worthie Columella instructeth.

And for lacke of this hearbe altogether, (the said Authour reporteth) that the Gardener may vse in steade of it, the sote cleauing on the chimney, which gathered a day before the bestowing of the seedes in the earth, and mixed for a night with them, doth the like defend the seedes in safetie.

The Greeke writers of husbandrie (and after them Plinie, and the worthie Neapolitane Palladius Rutilius) report, that those seedes may bee preserued in safetie from all euill and Garden monsters, if the bare head without flesh, of either Mare or Hee Asse (hauing beene couered of the Male) bee buried in the Garden, or that the muzzell of the same fixed on a stake set into the earth, bee erected.

The worthy Pliny further reporteth, that there is a garlike growing in ẏ fallow field (named Allium) which on such wise boiled, ẏ the same will not grow againe, and strawed on the beds sowne, doth in such maner enuaile, that Birdes after will not scrape vp the earth,

nor

noꝛ ſpoile the ſeedes beſtowed in them. And ſuch which haue eaten of this, are taken (as being aſtoniſhed) with the hand. The well pꝛactiſed Affricanus vnto the ſame matter inſtructeth, that if a quantity of wheate oꝛ barley be boiled oꝛ infuſed in wine, and mixed with Helleboꝛe, as either the blacke oꝛ white, and the ſame ſpꝛinkled abꝛoad by the pathes of the beds round about, doth on ſuch wiſe defend the ſeeds ſowne from the iniurie of birds. But thoſe being in a manner dead by eating of this, oꝛ at the leaſt ſtarke dꝛunke, he willeth then to hang vp by the legges on a long rodde ſticked in the earth, to the terꝛoꝛ and fearing away of all other birds comming to the place. Foꝛ this woꝛthie Authoꝛ omitteth the rare pꝛactiſe of the decoction of liuer Creuiſſes, with which if the Gardener ſhall ſpꝛinkle his ſeedes befoꝛe the ſowing, Birdes will neuer after (a matter to be maruelled at) appꝛoch to the garden beddes: yea the plants beſide, which are ſpꝛung oꝛ ſhotte out of theſe, ſhall indure and continue ſafe and free from all the iniuries of creeping things. There are certaine ſkilfull pꝛactitioners, which affirme to haue auailed mightily in dꝛiuing away birdes, by the onely ſpꝛinkling of this decoction aboue taught of the plants come vp, which matter hath of many beene experienced aboue a hundꝛed times, ſo that the ſame were wꝛought at a certaine period and time of the Moone. Sundꝛie pꝛactitioners mixed the bꝛuiſed leaues of the Cypꝛeſſe tꝛee, with the ſeedes foꝛ a night, and the ſame mixture on the moꝛꝛow they beſtowed in the earth, being afoꝛe well wꝛought and turned in with dung. Foꝛ on ſuch wiſe the plants ſpꝛung out of theſe, were deliuered from all maner of gnawing oꝛ creeping things. Others ſkilfully pꝛactiſed, vſed the dꝛie ſhauings oꝛ filings, either of the Hartes hoꝛne, oꝛ Elephants tooth, which they mixed with the ſeedes foꝛ a day, committed them after to the earth, oꝛ they otherwiſe ſpꝛinkled, the ſeedes to be ſowen with the water of the infuſion and mixtion of theſe foꝛ a night.

The wittie helps commended of the ancient for the Garden ſeedes, to be employed as wel before as after the ſowing, that thoſe be not harmed by outward nor inward iniuries. Chap. 17.

THe ſingular Poet Virgil counſelleth, that the ſeeds to be committed to the earth, be afoꝛe ſpꝛinkled & moiſtned with the water of Niter

Nytre infused, or the Wine made of the same.

The Greeke Apuleius willeth, that seedes (before the sowing) be sprinckled and moistned with Wine, for on such wise handled, the plants springing and shooting vp, weaken the lesse, yea being feeble, they shall mightily bee holpen with water and Wine mixed and sprinckled on them.

There are certaine Greeke instructers of husbandrie (both of Plinie, Columella, and the Neapolitane Palladius Rutilius) allowed and commended, which will, that the rootes of the wilde Cucumber be infused for one whole day and a night in faire water, and with the same, through the often sprinckling, so to moisten well the seedes, the next day those seedes couered ouer with a blancket, they will, the next morrow to be committed to the earth, affirming the seedes thereby to prosper the better, and these for a certaintie to bee preserued from all euill annoyances. The selfe same doth the skilfull Apuleius will, that a few Lentels bee also mixed with the seedes in the sowing of them, for as much as the same pulse by propertie auaileth against the harmes of windes. This Author further willeth, that for a safety of the seedes bestowed, a speckled Mode, named of the Greekes Phrynon, bee drawne by a line in the night time round about the Garden or field, afore the earth be laboured, or diligently digged and dressed of the Gardener: and the same after inclosed in an earthen potte, to be buried in the middest of the Garden or fallow field, which at the present sowing time approched, shall be digged forth, and throwne or carried from that place, a great distance off, lest the Plantes (after the Seedes sowne) growing vppe in that place, may proue or become bitter and vnpleasant of smell.

The Egyptian and Greeke instructors of husbandry report, that the seeds after the bestowing, will remain vngnawne or bitten, and free of harme by creeping things in the Garden, if the seedes shall be committed to the earth when the moone possesseth her half light, or is quarter old. It might be thought an obliuiousnes, to haue ouerpassed the physicke experiment of ỹ singular Democritus, both for ỹ seeds & plants, noted diligently (of the skilful Neapolitane Palladius Rutilius) after this maner: Bestow & close ouer (saith Democritus) of the Seaor riuer Crecilis, no fewer then x. in number, into a glasse body

filled vp with water, the same set abroad in the aire, let so stand to be sunned for ten daies together, the seedes that you would after haue to remain in the earth vnharmed, sprinckle & moisten with the same water for eight daies together: after these eight daies ended (as Rutilius instructeth) doe in like maner with that water, vntill the plants after your desired mind be wel sprung vp, at which experiment thus handled, you will greatly marueil: for out of these seeds, what plants shall be sprung and shot vp, will not onely driue Beasts and Cattel from the eating of them, but all other creeping things of what condition they be, from the gnawing and biting of them, of which matters shall further be intreated in the proper Chapters a little after, and for other defences and helps of seeds as occasion offereth in the places shall be vttered.

The laudable instructions of the ancient, in the nature and election of sundry Seedes, with the apt times commended for the sowing of most Kitchin hearbs. Chap. 18.

THe singular Columella instructeth, that al seeds bestowed in the Garden, for the vse & benefit of the kitchin or pot, ought rather bee in the increase of the Moone, as from the first, vnto the sixth day. Forasmuch as all seeds committed to the earth, in the decrease or wane of the Moone, either slowly breake and shoote vp, or else so weakely increase, that these after serue to small purpose. It many times also happeneth (as the worthy Varro reporteth) that although the seeds bestowed in the earth, be done in the increase of the Moone the seedes besides hauing a iuice, waighty, ful, white meale in them, & in no maner corrupted or too old, yet these notwithstanding are hindered through some euill constellation, which of the skilful is named an influence of heauen, were the gardners diligence neuer so much, so ỳ it is not impertinẽt to the matter here to recite what the worthy Neapolitane Palladius Rutilius reporteth of ỳ gardenground, which saith, that a Garden plot, placed and lying vnder a fresh and sweete aire, and moistned gently by some spring or sweet water running by, is in a maner battell and ready enough, wherby the same requireth but a smal instruction & diligence, to be bestowed in the sowing of it. The bestowing of seedes in a moist earth, the beds afore shotcast, ought to be done in the warme season of the Spring, as in May,

and

and the moone increasing, for ſeeds on ſuch wiſe handled, proſper the better, through the warme and drie time following. But if occaſion moueth you to commit ſeedes into a drie ground, and that water be farre diſtant, then digge the allies of the beddes deepe, and in a ſlope maner, for the better leading of water from beds ſufficiently moiſtned, to others lacking moiſture: and to theſe ſuch a drie earth better agreeth to be ſowen in the harueſt time, the ground before well moiſtned with ſhowers, herein not forgetting the choiſe of ſeeds, neereſt agreeing to the natures of theſe two earthes, with the furtherance of the moone at time of the ſowing. If the Gardener mindeth to commit ſeedes to the earth in the Summer time, let the ſame be done in the increaſe of the Moone, in the moneths of July and Auguſt. In the harueſt time about the middle of September, and in October, the moone in thoſe moneths in her firſt quarter: for the time againe of committing ſeedes to the earth, let the ſame be done in the moneths of February and March, the moone at thoſe times increaſing of light.

The ſeedes which ought eſpecially to be ſowen in the earth, about the end of harueſt, as about the middle of September, and in October the moone at thoſe times increaſing, that theſe may all the Winter endure, and be ſtrengthned in the ground, are the Endiue, Onions, Garlike, Scalions, the great Garlike, yong Leeks heads, Colewoorts, Puckard ſeede, and ſuch like.

The Garden ground naturally colde, or all the day receiueth but a weake comfort of the Sunne, through his ſhort preſence or tarying there, or elſe in cold countries, as at Perke, and farther North. In ſuch places I ſay, the beſtowing of many ſeedes better agree to be done about the middle of the Spring, or in the moneth of May, in warme and calme daies, the moone then increaſing of light.

But the ſeeds to be committed to the earth in thoſe countries and places in the harueſt time, ought rather to be done ſoner or before the time with vs, where the ſeedes otherwiſe to be beſtowed in hot countries and places in the ſpring time, require farre timelier to be done, as in the beginning of the moneth of March, and the ſeedes to be ſowen in thoſe places in the harueſt time, to be beſtowed much later.

The ſeedes that at will of the Gardner may be committed to the

earth, either in Auguſt, or Spring time, chiefly for the Kitchen or pot, vnder a gentle aire, and in a battle ground, are theſe; the Colewortes, Nauew, Artichoke, Endiue, Lettuce, Dill, Rocket, Coliander, Parcely, Fenell, Radiſh, Parſnip, Carret, and ſundrie others. Yet theſe by the report of the skilful, come better forward, being ſown in the monthe of July the country there hot; but in the country temperate, the ſædes ought rather in the moneth of Auguſt, and in the countrie being colde, in the moneth of September. Thoſe ſæds committed to the earth in warme and calme daies, proſper far better then thoſe being ſowen in hot and nipping colde daies: for that the warme comfortably draw vp the plantes, whereas the hot daies (in a contrary manner) doe drie, and the bitter colde ſhut the earth.

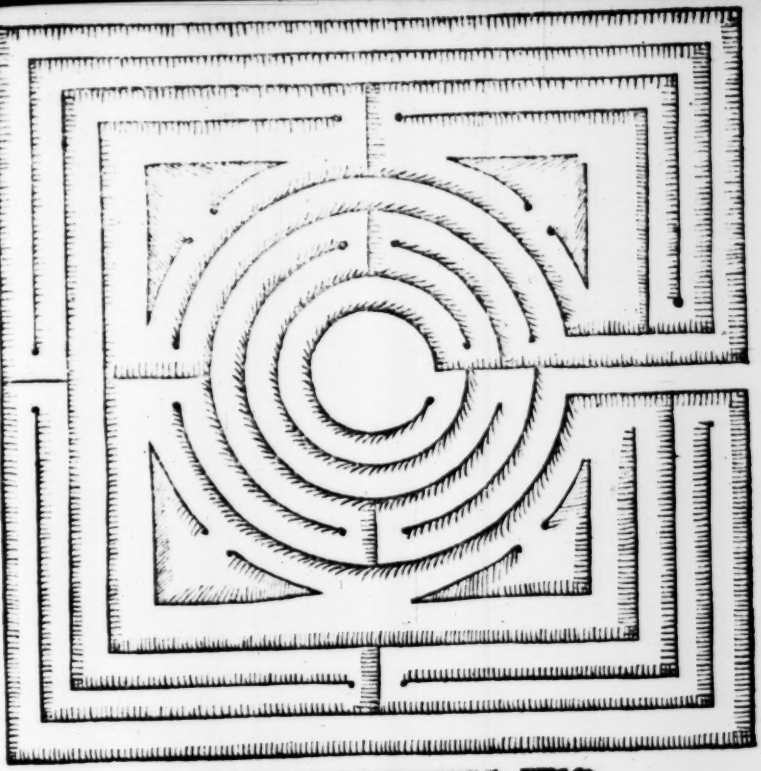
The ſædes which the Gardener minde to beſtow in the earth, ought not to be aboue a yeare old, & that bruiſed haue a white meale within them ful, for otherwiſe being ouer old, or withered, they wil neither grow, nor proſite at all. The freſher and newer that the ſæds be at time of the beſtowing in the earth, as the Leke, the Cucumber, and the Gourd, ſo much the ſoner theſe breake, and appeare aboue the earth: contrariwiſe, how much the older the ſædes ſhall be, as the Parcely, Bætes, Organy, Creſſes, Peni-royall, and Coliander, ſo much the ſpædier do theſe ſhote vp, and appeare aboue the earth, ſo that the ſædes before the ſowing be not corrupt.

Certaine precepts of the skilfull in our time, for the ſowing of many delectable flowres, and tender hearbes, with the obſeruations of the Moone, in theſe and in other matters neceſſary.

Chap. 19.

The latter writers of Huſbandrie report, that theſe tender hearbes, and pleaſant flowres, as the Marioram, Sauerie, hearbe Fluelline, Bugloſſe, the bleſſed Thiſtle, the hearb Angelica, Valeriane, Balme, Annis, Dill, Fenell, Organy Mintes, Rue, or hearbe Grace, Sperage, Arache, Spinache, Bætes, Endiue, Borage, Rocket, Taragone, Parcely, Sorrell, Endine, Strawberrie, Lettuce, Artichoke, and ſundrie others, the Marigolde of all kindes, Roſecampion, the redde and white, the flowre Armoure, the

Flowre



Flowre Petilius, the Columbine white and blew, ſweete Johns, the Pincke, Hearts eaſe, the Pionie, red Lillie, hearbe Sticas, or Lauender gentle, Batcheiers button, the Gilliflowre of all kindes, the Carnation, and many others, ought rather to be committed to the earth in the ſpring time, and ſowen in the moneths of March and Aprill, for they ſpædier come forward, then beſtowed in the moneth of Februarie, heerein conſidering the ſtate & diuerſitie of the time. The ſeeds alſo of the tender herbs committed to the earth in an apt time, and the Mone in her firſt quarter, do the ſpædier ſhote vp, being ſpecially ſowen after ſhowers of raine, on Sunny and warme places, (as lying open all day to the Sun) which on ſuch wiſe do the ſoneſt and ſpædieſt breake, yea and appeare about the earth. For which cauſe, a diligent care muſt be had in the beſtowing of tender ſeedes, that the winde then bloweth not from the North, nor done in colde and cloſe daies: for theſe both include the ſeedes in the earth, and hinder their growing and ſhoting vp.

Seedes beſtowed in hot places, doe ſooner yeelde their ſtemmes and leaues, yea theſe ſpædieſt giue their ſeedes. Such time vſe in the ſowing of your ſeeds as may be both mild and warme, in that warm daies following ſpæde more forward the ſeedes beſtowed.

As touching the moſt ſeeds committed to the earth, they ought rather (as afore vttered) to be new, not reuoked, but full, big, weightie, faire of colour, fattie or hauing a iuice, which broken, giue a white meale and not drie pouder; for the ſeeds that after the breaking yeeld a drie pouder, doe well declare them to be corrupt, and ſeruing to no purpoſe.

The ſeedes thus tried afore, and beſtowed at that time in the earth, when ſhowers fell a day or two before, and a temperat day at the ſowing of the ſeeds, do very well proſper the growing, & procure theſe to ſhote vp far ſpeedier, in that a colde aire at the ſowing, and a day or two after is knowen to be harmefull to ſeedes, through the including of them in the earth, and hindering in their growth and ſhoting vp.

If neceſſity forceth the Gardener to beſtow any ſeedes or plants in a ſalt earth, let theſe be either ſet or ſown about the end of haruеſt, whereby the malice and euill quality of the ground may be purged, through the ſhowers falling all the winter.

If the owner or Gardener mindeth to bestow yong trees in this ground, let swéete earth or riuer sand bee turned in with the same.

The Greeke writers of husbandrie (after whom Columella and Rutilius will, that all the kindes of pulses, as peason, hastings, vetches, tares, and such like, to bee sowen in a drie earth, saning the beanes, which rather ioy to be bestowed in a moist ground.

What seedes the Gardener mindeth to commit, in a well dressed earth, let these be bestowed from the first day vntil the full light of the Moone, (well nigh) for that sædes sowen in the wane of the Moone come vp thin, and the plants insue weake of growth. Such trées as the husbandman mindeth to build withall, let those rather be cut down after the consent of the skilful in the last quarter of the moone, she shining at that time) of small light, yea neare to her change, and vnder the earth.

In the cutting downe and gathering of corne (as Macrobius willeth) for the longer preserning of it and the straw drie (so that the same be done in a drie season) both better agrée, being in the wane of the Moone.

Such crescent things as the Gardner (or Husbandman) mindeth otherwise to sell, ought to be cut, and gathered in the full Moone, whereby the greatnesse thereof, such thins may yeeld a better sale, and be delectable to the eye.

Such things as the husbandman mindeth to preserue a long time moist, as Apples, Peares, Wardens, and such like, let them (after the minde of the skilfull) bee rather gathered nere the full of the Moone.

For the committing of sædes to the earth, although the ancient husbandmen prescribe proper moneths and daies, yet may euery person herein keepe the precept, according to the nature of place and aire, so that these diligently be considered, how certaine sædes there are, which speedier spring vp, and certaine which slower spring vp aboue the earth.

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The commended times to be obſerued, with the annoiance and incommodity to be eſchewed in the beſtowing of ſeedes and plants in the earth. Chap. 20.

The ſingular D. Niger learnedly vttereth, that the more of eſtimation the ſeedes and plants are, with trauels thereabout beſtowed, ſo much the circumſpecter ought euery Gardener and huſbandman to be: and the more inſtructions & help the Gardener may attaine, and the greater danger he may therein auoid, the more carefull ought he and all others to be.

The daily experience is to the Gardener, as a Schoolemaſter to inſtruct him, how much it auaileth and hindreth, that ſeedes to bee ſowen, plants to be ſet, yea Sions to be grafted (in this or that time) hauing herein regard, not to the time eſpecially of the yeare, as the Sunne altereth the ſame, but alſo to the Mones increaſe and wane, yea to the ſigne ſhe occupieth, and places both aboue and vnder the earth.

To the aſpects alſo of the other planets, whoſe beames and influence both quicken, comfort, preſerue, and maintaine, or els nip, wither, drie, conſume, and deſtroy by ſundry meanes, the tender ſeedes, plants, yea and grafts, and theſe after their properly, and vertue naturall or accidentall.

Herein not to be forgotten, the apt choiſe and circumſpection of the earth, with other matters generally required in the ſame, for which cauſe (after the minde of the ſkilful Aſtronomers) and prudent experimenters, in either committing ſeedes to the earth and planting, or other like practiſe to be vſed about the ſeedes, plants, and yong trees, theſe rules following are to be vnderſtanded and kept (which they haue left to vs for our commodity) in caſes of importance, and where the occaſion may be imploied.

When the Mone and Saturne, are either three ſcore degrées of the Zodiack aſunder (which diſtance in heauen) is named of the skilfull, a Sextile aſpect, it is then commended to labour the earth, ſow, and plant, marked after this maner. *

But when theſe are 120. degrées aſunder, which properly is named a Trigon, or trine aſpect thus noted △ for the more part, then is that time better commended for labouring the earth, whether it be for tilling, gardening, ſowing, planting, and letting, or cutting of vines.

When

When the Moone and Saturne, are well a quarter of the Zodiak distant, which is 90. degrées (named of the skilfull a quadrate aspect) thus commonlly marked □ then is denied vtterly to deale in such matters.

The Moone being fire signes distant from Saturne, so that he occupieth the like degrée in Taurus, as Saturne in Scorpio, or the Moone otherwise in like degrées of Gemini to Saturn (right against) in Sagitarie, this aspect together is disallowed of the expert Astronomers, and noted after this maner. 8

The Moone possessing her ful light at those times, is like denied of the skilfull: yea the Moone being neere to that section, named of most Astronomers the Dragons taile, is in like maner disallowed for sowing of fine seeds, and setting of daintie plants. Here vttering precepts generall as we now doe.

But the moone approched nære to that sectiõ, named the Dragons head, the same time for doing the like is very well commended, all things before supposed agréable. But to be briefe, and to knit vp other obseruations, answering to the Moones place especially, learne these ensuing.

The Moone increasing and running betwéene 28. degrée of Taurus, and the 19. degrée of the signe Gemini, sow fine séedes, and plant daintie hearbs, your earth afore prepared, and aire answereable.

But the Moone found betwéene the 28. degrée of Gemini, and the first of Cancer, (although she increase) yet bestow no daintie séedes in your earth prepared for the purpose.

From the first degrée of Cancer, vnto the 19. degree of the same signe (so that the Moone increase) both labor the earth, sow fine seeds, and plant dainty hearbs, herein regarding the condition of the aire.

From the 28. degrée of the signe Leo, vnto the 11. degrée of Virgo, your séedes and plants of valour sow and set, the warme aire and Moone aiding thereto.

From the 11. degrée of Virgo, vnto the 24. degrée of the same signe commit séedes to the earth, and set vp your daintie plants, so that the winde then bloweth not from the North, nor the aire cold.

From the 24. degrée of Virgo, vnto the 7. degrée of the signe Libra, labour the garden ground, and sow your fine séeds, so that the Moone increase.

From

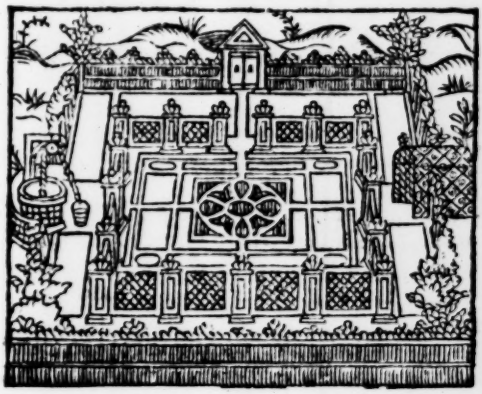
From the ſeuenth degrée of Libra vnto the nineteenth degrée of the ſame ſigne (the Moone anſwering thereto) ſow and plant.

From the firſt of Capricornus, vnto the nineteenth degree of the ſame ſigne (both the Moone and aire aiding thereto) ſow your fine ſeedes and dainty plants ſet.

From the foure and twentieth degrée of Piſces, vnto the ſeuenth degrée of Aries, the Moone increaſing of light, and aire calme, beſtow your ſeedes and plants in the well dreſſed earth, prepared for the onely purpoſe.

Theſe precepts of the prudent experimenters, well borne away of euery carefull Gardener, the ſeeds and plants no doubt, ſhal proſper and increaſe the better.

Certaine inſtructions more curious to be learned of euery skilfull Gardener, in the beſtowing of ſeedes and daintie hearbes in a well dreſſed earth. Chap. 21.



The learned Pliny worthy of memory, vttereth a ſpeciall note and rule of the ancient obſeruers, to be learned of euery careful Gardener, in the beſtowing of ſeedes: that if hee be occaſioned to commit ſeedes into a moiſt earth, or the ſeedes to be beſtowed are of a great moiſture, then ſhall the Gardener commodiouſly chuſe the end of the Moones decreaſe or wane, and neare to her change.

In a contrary manner, the Garden ground of the drieſt, or the ſædes verie drie, then in committing ſuch ſædes to earth, let the moone be increaſing, and drawing neare to her full.

To the better furthering of the Gardeners trauels, he ought afore to conſider, that the Garden earth be apt and good, well turned in with dung, at a conuenient time of the yeare, in the increaſe of the moone, ſhe occupying an apt place in the Zodiacke, in agreeable aſpect of Saturne, and well placed in the ſite of heauen. All theſe thus afore-hand learned, and with diligence beſtowed, procure the plants the ſpædier to grow, and ware the bigger, if afore weighty, full, &c. as before vttered in the nineteenth Chapter, for otherwiſe this care and paines beſtowed about the ſædes and plants, nothing auaileth the Gardener.

The yearely Almanacks do marueilouſly help the Gardeners in the election of times, for ſowing, planting, and graffing, but eſpecially in obſeruing the moone, about the beſtowing of plants, as when the moone increaſing, occupieth Taurus and Aquarius. But if it be for the ſetting of yong trees, let the ſame be done in the laſt quarter of the moone ſhee then being in Tauro, and in a coniunction with Venus, for ſo theſe ſpædier take roote in the earth, and the Gardener planting in either Taurus and Aquarius, or Virgo and Piſces, muſt as carefully take heede alwaies, that the moone is not euill aſpected of Saturne and Mars.

In the planting alſo of yong trees, let the ſame be done from the middle of October, vnto the middle of March. In the ſowing of ſædes in a well drelled Earth, let the Moone runne at thoſe times in Taurus, Cancer, Virgo, Libra, and Capricornus.

But this diligently learne, that the ſædes and Plants increaſe the better, if any of theſe ſignes ſhall be aſcending in the Eaſtangle, and that Mars neither beholdeth the Aſcendent, or the Moone by any aſpect, but ſhall be weakly ſtanding in a weake place of the figure at that time.

Here might many other rules, as touching the particular fauour, and hinderance of the ſtarres bee vttered, but that it is not my intent in this Chapter to bee tedious in wordes, or darke in ſenſe. For which cauſe, let theſe few rules content the Gardener, who

by

by exercising of them, and through an instructer, may inuent other rules more particular.

Yet I feare me, that the common sort of men will suppose these rules to extend somewhat aboue their capacitie, which for zeale I beare vnto my country, mooued me notwithstanding to vtter and put such matter into their heads, procuring them thereby (that where the daintinesse and value of the seedes, and plants so require) to request the counsell of some skilfull, that both may make plaine these precepts, and instruct them in other rules alike, if neede requireth.

To conclude, the Gardener must heere suppose all matters on his part to be fully and duly first prepared and wel appointed, and then to attend, or diligently take heed to those times afore vttered for the working of the planets and starres, in the bestowing of seedes and tender plants in the earth.

In what space of time seedes committed to the earth, in the increase of the Moone, commonly shoote vp and appeare aboue ground. Chap. 22.

FLorentius (a Greeke writer of Husbandrie) cunningly vttereth, that the naturalnesse of the ground, the clemency of heauen, the fauour of the weather, and age of the seedes, procureth that the seedes being bestowed in the ground, doe either speedier or later shoote vp into plants. For which cause, the daintie seedes committed to the earth in a faire and warme day, the place hot or lying open to the Sun, and the seedes new, doe farre speedier shoote vp, then those that being sowen in a contrarie season, place, and ground.

All seedes sowen, doe euermore appeare aboue the earth at one certaine time in a manner, for which cause the Gardener ought to haue regard vnto the proper times answering to the bestowing of seedes, and gathering the fruits or yelde of each seedes.

The Spinage, Rocket, Basil, and the nanew ſeedes, breake and appeare aboue the earth after the third day ſowing, if a warme aire ſucceede.

The Lettuce ſeeds beſtowed in a well dreſſed earth, do breake and appeare aboue ground by the fourth day following, if the clemency of aire aid therto: the Cucumber and Citrone ſeedes beſtowed in the increaſe of the Moone, and ſhowers of raine falling the ſame or the next day following, procure them to appeare the fift day after.

The ſeeds of that ſightly hearbe, named the flowre Armour, being ſowne in the increaſe of the Moone, and the aire fauouring, doe breake and appeare aboue the earth by the ſeuenth or eight day following.

The ſeedes of the hearbe Dill, beſtowed in the earth, in the increaſe of the Moone, do (for the more part) appeare by the fourth day following.

The ſeedes of the Garden Creſſes and Muſtarde, committed to the earth in the increaſe of the Moone, do commonly appeare aboue the ground by the fift day after.

The Leeke ſeedes (beſtowed in the ground) in the Summer time, are ſeene aboue the earth by the firſt day following, but in the Winter time in well dunged beds by the tenth day after.

The ſeedes of the hearbe Rocket, committed to the ground in the increaſe of the Moone, appeare by the eight day following.

The ſeedes of all kindes of Colewoorts, beſtowed in well dreſſed beds, are euermore ſeene by the tenth day following, if the cold aire hindereth not.

The ſeedes of the great Leekes beſtowed in well dunged beddes, appeare many times by the nineteenth, but oftner by the twentieth day following.

The Coliander ſeeds, beſtowed in well trimmed beds, and in the increaſe of the Moone, are commonly ſeene aboue the earth by the fiue and twentieth day: but the yong plants later appeare, if the ſeedes beſtowed are new.

The ſeedes of the Organy and Saueris, beſtowed in light earth, and the Moone increaſing, do appeare aboue the ground by the thirtie day following.

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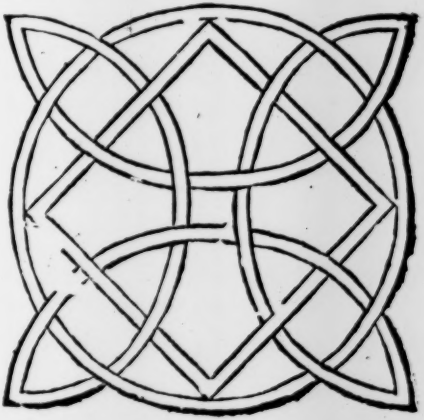


and

The Parcely ſæds committed to the earth, and the increaſe of the Mone, do commonly breake and appeare aboue ground, by the fortieth day following, although they are not many times ſæne before the fiftieth day.

Thus haue I briefly vttered a true and pleaſant inſtruction, both for the age of ſæds, and ſkill of the Gardener in the ſowing of them. For as I haue aboue ſaid, the Leeke, the Cucumber, and Citrone ſæds doe ſpædier come vp, being new ſæds: in a contrary maner, the ſæds of the Parcely, Beets, Spinage, Creſſes, Sauery, Organy, Peny-royall, and Coliander, the elder that theſe are (before the beſtowing in the earth) the ſpædier the ſæds breake and appeare aboue ground.

The ſæds in like maner of the Cucumber, ſteeped in milke or luke warme water for a night, and committed to the earth, vnder a warme aire, do far ſpædier breake, and appeare aboue ground. The like may the Gardener conceiue to be done with the ſæds of the Artechoke, and many other hearbes, of which ſhall particularly be vttered in the proper places hereafter.

The third moneths ſowing, or rather in May, to ſuch dwelling far North, or where ſnow lieth long, there (this beſtowing of ſæds) better agræth, eſpecially where the quality of Summer is knowne to be moiſt.

But in other countries (this like) by a ſeldome happe anſwereth, ſæds three moneths olde committed to the earth in harueſt time will better agræ, being done in hot countries, the Mone herein conſidered.

The Gardener in his well trimmed earth, (the time aiding) may commit to the grounde all worthie and excellent kinde of ſæds, plants, ſlips, kernels, and ſuch like: but theſe for a triall beſtow in the beds in your Garden.

So that in any new kinds of ſæds, not aſſayed or proued before, the Gardener may not thoroughly hope that theſe will proſper in his ground.

Theſe ſæds committed to the earth in moiſt places, doe ſpædier ſhoot vp (the Mone helping) then beſtowed in drie ground: for which cauſe, election is had in ſowing of good and full ſæds (in either ground) much auaileth.

The ſæds or ſets beſtowed in ſhadowie places, although the earth be wel laboured before, do rarely or very ſeldome proſper, and yæld their flowre.

The plants growne to their flowre, may at that time (after the minde of the Neapolitane Palladius Rutilius) bee little or nothing handled, for doubt of corrupting their flowre, or the ſooner ſhedding of them.

What care and diligence is required of euery Gardener, in the plucking vp, and cleare weeding away of all vnprofitable hearbes growing among the Garden plants. Chap. 23.

After the ſæds being workemanly beſtowed in the beddes, the Gardeners next care muſt be, that he diligently pul vp, and wæde away all hurtfull and vnprofitable hearbes, annoying the Garden plants comming vp.

But about this exerciſe in wæding of the beds there is a diſagrément among the writers of husbandrie. For certaine denie that the raking doth profit the plants any thing at all, in that by the rake the rots of the garden plants are ſo vncouered, and the plants with the ſame felled, and cauſed to lie flat on the ground, which if colde weather enſue, are vtterly killed with the nipping aire, for which cauſe, they better thought of that wæding and cleanſing exerciſe, by pulling vp with the hand, ſo that the ſame were done in due order and time.

Yet it pleaſed many husbandmen in time paſt to rake vp the wæds in beds: yet not after one maner, nor at all times alike, but according to the vſage of the countrie, the good ſkill and condition of the weather: for which cauſe, in what maner ſoeuer this exerciſe ſhall be taken in hand, that wæding ſhall næde or be required in theſe places, the Gardener ſhall not attempt or beginne the wæding of beds with the hand, before the plants well ſprung vp, ſhall ſeeme to couer their proper beds, and that in this high growth the plants ſhal be mired and ioyned one to the other, according to the nature and forme in their growth.

In this plucking vp, and purging of the garden beds of wæds and ſtones, the ſame about the plants ought rather to be exerciſed with the

the hand, then with an iron instrument, for feare of fæbling the yong plant, yet small and tender of growth.

And in the wæding with the hand, the Gardener must diligently take hæde that he do not too boisterously lose the earth, nor handle much the plants in plucking away of the wæds, but the same purge so tenderly, that the rotes of the yong plants bee not loosed and fæbled in the soft earth: for occasion wil moue the careful Gardener to wæde daintie hearbes, being yet yong and tender, lest grosse wæds in the growing vp with them, may annoy and hinder their increasing. Therefore the yong plants in some readinesse to be taken in hand, ought not to be stayed vntill their strong & big growth, but wæded in the mean time, for doubt of the inconueniences aboue vttered. But the common hearbes for the kitchin, the Gardener shal not begin to wæde before they be grown strong in rot, and big shot vp. And this learne, that if the earth be lose and soft at the time of wæding the dainty plants, you may not then lose and pul vp wæds, but in a soft and tender maner: and yet fine hearbs require al times to be wæded, so that showers of raine haue well softened the earth a day before.

The walking or treading often about the beds of the litle and tender plants shoting vp, loseth much the soft earth about them, yea this so setleth downe the ground by the helpe of showers of raine falling, that the wæds growing vp in those beds, are causeth the harder to be plucked vp. And sometime the rotes of the wæds in the plucking vp with the hand are left behinde, through this fastnes caused of the earth.

Here remember, that you neuer take in hand or begin the wæding of your beds, before the earth be made soft, through the store of raine falling a day or two before.

Here conceiue, that the clipping, plucking away, and pressing downe of sundrie hearbes with Tiles or other weighty things, after they be growne to some greatnes, is to great purpose, for somuch as this causeth them to keepe the longer græn, and to yeld the thicker, bigger, and fairer tuffes, besides the letting of the hearbes, that they grow not vp into sæde; and to giue these a pleasanter sauour, then the same that before they possessed in their growth simply.

As

As by a like meanes and ordering, both the Lettuce, Cabbedge, and Colewort, may be cauſed better and more pleaſant of taſte, then the leaues ſimply growing, without any ſuch manner of ordering.

In the like condition do the Radiſh and Nauew rotes grow the fairer and bigger, if diuers of the greene leaues (after ſome growth) be handſomely clipped or broken off.

But of the apt ordering of theſe two laſt, in cauſing their rotes to be far bigger then cuſtomable, & pleaſanter in taſt, ſhall more fully be vttered in their proper Chapters hereafter, in the ſecond part of this treatiſe.

The commended times for watering of the Garden Beddes, and what maner of water ought neceſſarily be vſed to plants, with the later inuentions of diuers veſſels apteſt for this purpoſe. Chap. 24.

THe beds being furniſhed with ſeedes in due age of the Yeare, requireth diligence (if the aire ſufficiently moiſtneth not) in the watering of them, leſt the ground being verie drie of the proper nature, may through the drithe for the lacke of raine, cauſe both the ſeedes and tender plants ſhot vp, to periſh and drie.

For which cauſe euery Gardener ought carefully to conſider the condition and property of the earth of his garden, whether of it ſelfe the ſame be very moiſt, or ouer drie, which two extreames learned, he may with more diligence beſtow paines about the watering of the Garden beds, ſo often as neede ſhall require.

And for that the ſeaſons in a manner, ſufficiently inſtruct euerie owner and Gardener, when to water the plants come vp, it ſhal not be (of my part) a new inſtruction to vtter vnto them, the daies and times neceſſary to water the plants, ſeeing the youngeſt of any diſcretion know that the beds chiefly require watering after a drought, or when many hot daies haue chanced together, as the like eſpecially commeth to paſſe in the ſummer time, about the Colmick riſing of the Canicular or dog Star, which with vs commonly happeneth about the ſeuenteenth day of July. And this watering of the beds, ought rather be done (as Pliny witneſſeth) in the morning, ſoone after

the

the Sunne rising) and at the euening when the Sunne poſſeſſeth a weake force aboue the earth. The reaſon this Author alledgeth of the ſame, is that by watering at the hot time of the day as at none, the water then made hot by heat of the Sunne, would ſo burne the yong and tender rootes of the plantes. And in this watering of the beddes, the Gardener muſt haue a ſpeciall care and regard, that he moiſten not the plants too much, leſt cloying them too much with water, they after ware feeble and periſh. The water beſt commended for watering of the plants, is the ſame drawen or gotten out of the Riuer, or other narrow ſtreame ebbing and flowing, or els ſwetly running one way, through the helpe of Springs falling into it. But if the Gardener be forced to vſe Well water, drawen eſpecialy out of a deepe Well, or the water out of ſame deepe pit, he ought then to let the ſame drawen vp ſtand for two or three daies together, or at the leaſt for certaine houres in the open aire, to be warmed of the Sun, leſt the ſame being new drawen vp, and ſo watered or ſprinckled forth on the beds both raw and colde, may feeble and kill the tender yong plants comming vp.

The age alſo of the plantes, ſhall greatly direct the Gardener to know how much and how ſmally he ought to moiſten them at each time needfull, for the tender yong plants new come vp, requires a leſſer watering, and the ſame gently where the hearbes more growen, wel ioy to be plentifully moiſtned with the water temperate warm. And this water ought gently to be ſprinkled forth on the beds, with a watering pot, and by other meanes, which after ſhalbe demonſtrated, that the rots of the yong hearbs may alike drinke in of the water, and not to be cloyed through the ouer fact, or too much moiſture ſprinkled on them, by which doing, theſe the rather retaine the ſpirit vanquiſhing, procured to paſſe thorow the exhalation of the earth. For which cauſe, the beds at one inſtant ſhal not fully be watered, but as the earth and plants drinke in, ſo gently ſprinckle forth the water, in feeding the plantes with moiſture, as by a breſt or nouriſhing pappe, which like handled, ſhall greatly proſper the tender plants comming vp, where they otherwiſe by the haſty drowning with water, are much annoyed, and put in hazard of periſhing.

To the water ſtanding in the Sunne, if the owner or Gardener mixe a reaſonable quantity of dung, after his diſcretion, this mixture

no doubt will be to great purpose, for as much as the same gently watered or sprinkled abroad, procureth a proper nourishment to the tender plants and yong hearbs comming vp.

The colde as well as the salt water, is knowen to be enemy vnto al kindes of plants, yet Theophrastus reporteth, that the salt water is more proper for the watering of certaine plants, then any other.

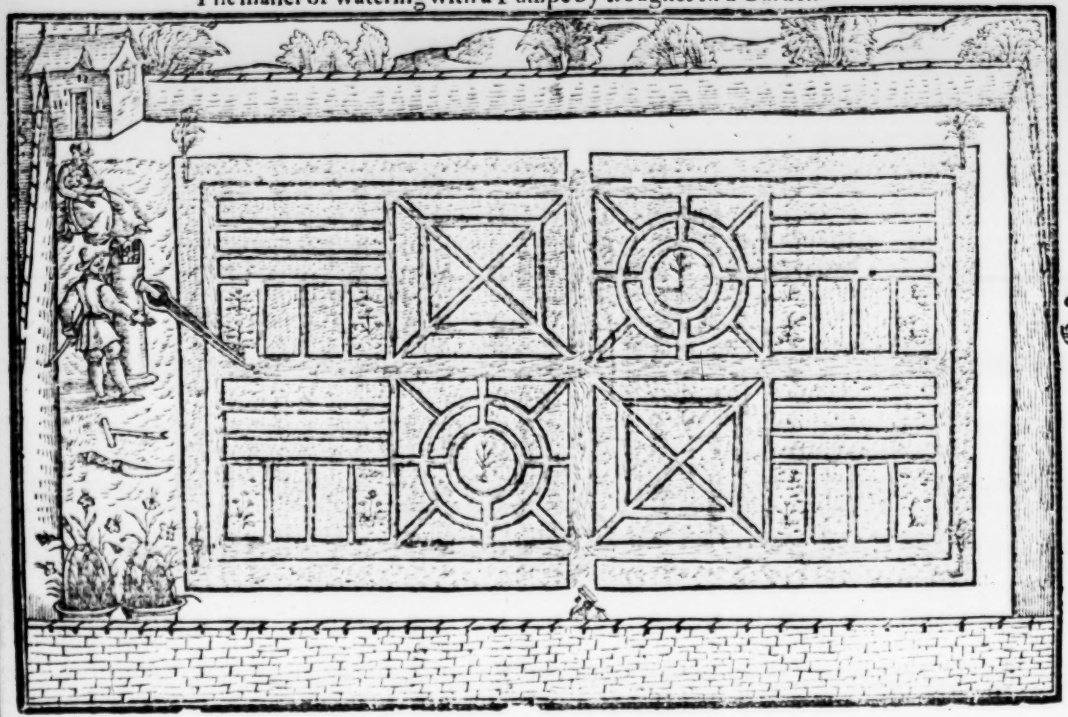
The common watering pot for the Garden beds with vs, hath a narrow neck, big belly, somewhat large bottome, and full of little holes, with a proper hole formed on the head to take in the water, which filled ful, and the thumbe laid on the hole to keepe in the aire, may on such wise be carried in handsome maner to those places by a better help aiding in the turning and bearing vpright of the bottom of this pot which needfully require watering.

The watering pot best to be liked, and handsomest for this turn, both for the finely sprinckling forth, and easie carriage of water in the same from place to place in the Garden, is that much vsed in the chiefest Gardens about London, and in diuers partes of England now knowen, whose forme is after this manner, the body wholly of Copper, hauing a bigge belly and narrow necke, a strong handle of the same mettal workemanly fastned to the bellie and head, to carrie the potte if nede be to places in the Garden: but for a more easinesse and quicknesse in carriage of the pot vpright and ful, is an other strong ring or handle fastened artly to the lips of the pot, much like to the Barbers water-pot carried abroad, that serueth to none other turne, sauing for the easie carriage of the pot full of water to needfull places: but this other handle especially serueth to sprinkle forth the water by the long pipe full of little holes on the head, that some name a pumpe, which reacheth from the bottom, vnto the head of the pot, for the handsomer deliuering forth of the water, the handle in the meane time guiding this long pipe of the pot, vntil al the water be spent.

The Gardener possessing a Pump in his ground, or fast by, may with long and narrow troughes wel direct the water vnto all beds of the Garden, by the pathes betweene, in watering sufficiently the rootes of all such hearbes, which require much moisture. But for a plainer vnderstanding of this, I haue here in the Page following demonstrated the forme to the eie.

There

The maner of watering with a Pumpe by troughes in a Garden.



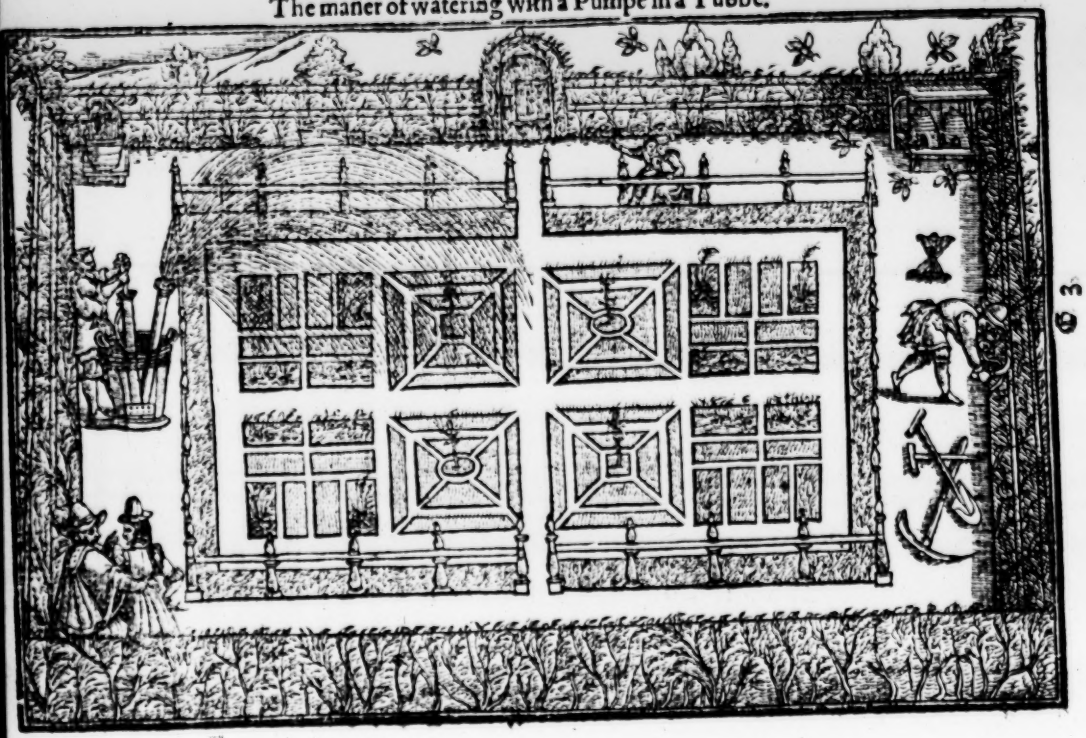
There be some which vse to water their beds with great Squirts, made of Tin, in drawing vp the water, and letting the Squirt to the breast, that by force squirted vpward, the water in the breaking may fal as droppes of raine on the plants, which sundry times like squirted on the beds, doth sufficiently fede the plants with moisture.

An other way better commended, and the same with more ease in watering of plants and hearbes, is done by a great vessell of Tin, formed some what like to a squirt, yet in the deuided parts the same differeth, for that this hath a pipe of the same mettal raised from the bottom, and reaching in a maner so high, as the great pipe, hauing many little holes at the imbossed toppe or end, this bigger pipe formed after the maner of a smal Pumpe, at whose nether end, a thicke square plate of Tin striken full of little holes, workemanly fastned, into which a Pumpe staffe put for the drawing vp, and forcible sending forth of the water, by thrusting downe with both hands a good distance off.

The vessell thus prepared in a readinesse, must be set into a deepe vessell or tubbe of water, in what place of the Garden the owner or Gardener mindeth to begin in drawing first the Pump vp, and with mightier strength thrusting it down againe, which so handled, causeth the water to ascend and flee forth of the pipe holes on such heigth, that in the falling the droppes come downe through the aire, breaking it in forme of raine, that one place being sufficiently watered, the Gardener may then remoue the tub & vessel into another place, which needeth the like watering, and on such wise doing in three or foure places he shall sufficiently moisten all the beddes and borders of the Garden. That the forme of this vessell, with the tub may the readier be conceiued, behold this figure following here faithfully demonstrated.

The

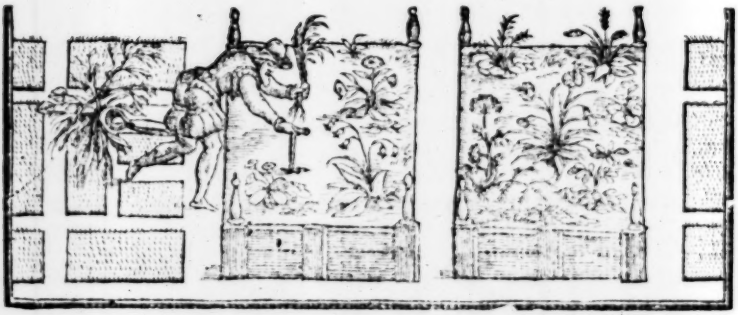
The maner of watering with a Pumpe in a Tubbe.



The owner or Gardner, enioying a Pond with water, in his garden ground, or a ditch of water running fast by, so that the same bee sweet, may with an instrument of wood (named of most men a skiffe) sufficiently water all the beddes of the Garden, with great ease and expedition.

Such plants which come spediest forward, through much moisture bestowed on them, as the Cucumber, Pellon, Gourd, and sundry others, the Gardener may with farre greater ease and travell water after this maner, in taking woollen clothes or Lists, and these like tongues cut sharpe at the one end, which lay to the bottom of the pot, filled with water, the sharpe end hanging forth, well foure fingers deepe, and the pot leaning somewhat forward, that these may through the continuall dropping, hastily spede the increase of the aboue said plants, so that to each plant a like pot prepared be set, which maner of doing, is termed filtring.

At what times diuers plants sprung vp, ought to be remoued and set againe, as out of one bed or border into another, with the breaking or slipping of sundry sets from old bodies, which with skill require to be bestowed in the earth. Chapter 25



THe Husbandman or Gardener, which would haue plantes grow vnto a greater bignesse then customable, ought to remoue after

after foure or fiue leaues be well come vp, and ſet them againe, as out of one bedde beſtowed into another, and like from one border into another. Although the owner may (at all ſeaſons) diſpoſe plants, at his will and pleaſure, yet is it better commended, that all plantes be changed into other earth prepared when ſhowers of raine haue well moiſtned and ſoftned the ſame.

The plants alſo remoued, and ſet againe into a fat earth well laboured and dreſſed, needeth beſides as Columella witneſſeth, no other amendement by dung.

The ſkilfull Neapolitane (Palladius Rutilius) in his worthy worke of huſbandrie reporteth, that when the Gardener hath beſtowed ſundry kindes of ſeedes in one bedde together, which after the diligent watering be ſo riſen, that foure or fiue leaues of diuers plants are ſprung aboue the earth, ſuch then after this Authours conſent, may well be remoued and ſet againe (into beds workmanly prepared) a certain diſtance aſunder, being ſuch plants that (before the ſetting) require to haue the tops of the leaues, and ends of the rots cut off, whereby they may the ſrælier grow vp broad in touffe or bigge in rote.

Thoſe kindes of ſæde, which after the committing to the earth, and diligent watering, need not, after certaine leaues ſprung vp, to be remoued, may the owner or the Gardener beſtowe (as Rutilius witneſſeth) in the beddes the thinner, the Mone hærein remembred.

The worthie Columella (in inſtructions of the Garden) willeth the owner or Gardener, hauing occaſion to pull vp plantes, and ſette them againe in beddes, and that the ground the ſame time (for the lacke of raine, bee ouer drie and hard) to moiſten and ſoften well the earth a day before, with water ſprinckled forth, by a watering potte, ſeruing onely to that vſe.

And certaine of theſe, which require to bee ſette a good diſtance aſunder, the worthie Rutilius willeth to clippe off the toppes of the yong leaues, and the endes of the rotes to cut away, before the beſtowing againe in beddes workmanly prepared, as like the Colewort, Cabedge, Lettuce, great Lecke, Mauew, and Rape.

Againe

Again, a good distance asunder, are ỳ Cucumber, Gourd, Mellon, Artechoke, Nigella Romana, and sundry other, which this placed in beds artly prepared, may the readier and handsomer be weeded, and cherished by the earth digged about, so often as neede shall require, whereby the plants, through helpe of diligent watering, and furtherance of the Mone in setting, are after procured to increase the better, and delectabler to the eie.

The yong sets for the Garden (of pleasant delight and smell) may the owner or Gardener also bestow in borders at all seasons (although better commended to be done in the spring time) in breaking off the slips or branches of one yeares growth, from the bodies of old stockes, & in wreathing the ends about, so to set them a good depth into the earth, the Mone at that time drawing neare to her change, and knowne to be vnder the earth, which much furthereth the sets in the sooner taking of roote.

But the skilful Columella rather willeth, to cleaue the end of the branch or slip beneath, in which cleft an Ote graine to be thrusted or put, & in the setting deepe into the ground, to bestow Ote graines round about the same, (the Mone then neere to her change) rather then any dung.

And these yong hearbs which the Gardener mindeth to remoue, neede not (saith this Columella) to be striked about the rootes with any dung, but rather that the ends of their rootes (before the setting againe) be cut off, as I aboue vttered.

The Marigold, Dazie, Collumbine, Primrose, Couslip, sweete John, Silly-flowres, Carnations, Pincks and sundry other delectable flowres, are procured to increase the bigger, fairer, and doubler, if the owner or Gardener doe often change these into beddes, workemanly prepared, the Mone at those times considered, to bee increasing of light, and that a diligence bestowed in the often watering.

As touching the pulling vp of sundry dainty hearbes of pleasant sauor, and that these to be set againe in beds (orderly prepared) after the course of the mone, with a care and diligence to be bestowed particularly on most plants of the garden, shal at large be vttered in the second part of this treatise, where we purpose to intreat of many laudable and weightie matters besides.

The

The plants (which after certaine leaues ſpring vp) néede not to be remoued into other beds, are the Spinage, Arache, Dil, Sperage, Sorrell, Chermile, Parcely, and diuers other of like ſort.

The laudable inſtructions of the wife, in the gathering and preſeruing of the greater number of kitchin herbes and roots, with the times apteſt for the like doing by all flowres, dainty hearbs, and rootes to the vſe of Phyſicke. Chap. 26.

THe beſt and worthieſt rootes of hearbes, for the more part, to be gathered in apt places when the leaues are beginning to fall off, and the fruits or ſéedes already ſhed, ſo that the ſeaſon be faire: for done in a rainie time, thy roots be cauſed the weaker, and filled with rude moiſture.

The flowres in like maner are to be gathered, as the Borage, Bugloſſe, and all others of like ſort when they be wholly opened, and before they fæble, except the flowres of the Roſe, & Jacemine, which ought to be gathered for the better and longer kæping, before they be much, or rather but little opened.

The leaues and whole hearbes are to be gathered, when theſe be come to their full growth and perfection.

The fruits, as the Melone, Cucumber, Cytrone, and Gourde, when theſe appeare yellow, and be come to their perfite growth and perfection.

The ſæds in like condition are to be gathered, when they be well ripened, and before the ſædes ſhed on the earth, but thoſe which remaine after the hearbes thorow dried, ought to be rubbed forth with the hands, and kept vnto the time of ſowing.

Here remembring that the ſædes ought to be gathered in a cleare ſeaſon, and in the wane of the Mone.

And this for a generall rule obſerue, that all thoſe to be gathered, as the hearbes, flowres, rotes, fruites, and ſædes are to be done in a faire and drie ſeaſon, and in the decreaſe of the Mone.

The hearbs which the owner mindeth to preſerue, are afore to be cleane picked and cleanſed, and dried in the ſhaddowe, being a place

open towards the South, not moist and free from smoke and dust.

These after are to be put in Leather bagges, rather then into Cannas, the mouthes at the hanging vp fast tied, and into wodden bores of the Bore-tree, to the end the hearbs may not lose their proper vertu, as we see those persons to do, which preserue dainty herbs for the winter time. So that the Poticaries in mine opinion are very negligent, which hang vp the Physicke hearbes in their open shops and ware-houses, through which the vertue of these not only breath away, but the hearbs charged and clagged with dust, copwebs, dung of flies, and much other filth.

The flowres ought not to be dried in the Sunne, nor in that shadow caused by the Sunne at Noone, nor in any chamber or high place aboue, forasmuch as these through their softnesse and tendernes do lightly of light occasion, breath away their proper vertue, but especially through the sharpe heat of the sunne, and heate of the aire, vnlesse it be our Rose of the garden, which to be preserued for a long time, requireth to be dried in a high place, standing open to the Sun at noone, or that the Sun beames enter vnto, and yet touch not the Rose leaues.

The better way for drying flowres, is to lay them in a temperate and darke place, free from moisture, smoke, and dust, and to stirre them to and fro, that these in the drying corrupt not, but to bee either close kept in bagges, or continually couered ouer well, that these in the meane time lose not their colour, nor naturall sauour.

After being well dried, these ought to be close stopped in a glazed earthen vessell.

The finer sæd are to be preserued in the leather bagges, or in earthen vessels, hauing very narrow mouthes, or else in glasse bottels, or gallie glasses very well stopped.

But the sædes of the Onions, Chibols, and Lékes, as also of the Poppy, are to be preserued in the huskes and heads.

For the preseruing of rotes, the owner ought to learne and exercise two meanes, the one for kæping them fresh, and the other for the round rots, as the Nauew, Radish, Carret, and others of like sort, and for to preserue them drie.

The

The way and meanes to kéepe and preſerue rootes freſh, is to burie them in a Seller, in either Grauell or Sande, well turned vpon them, or in a Garden ground reaſonably déepe digged, euen ſo déepe as the Gardener doeth for the Radiſh and Nauew in the Earth, to enioy the commoditie of them for the greater part of the Winter: to preſerue rootes drie, the owner or Gardener (after the plucking of rootes out of the earth) ought to waſh them very cleane with Conduit or Spring water, after to cutte away all the ſmall and hairie rootes; which done, to drie them in a ſhadow place frée from the beames of the ſunne, as being ſomewhat darke, if ſo be theſe are ſlender and thinne of rinde, as bée the rootes of the Fennell, Succorie, Parcely, Endiue, Borage, Bugloſſe, Sperage, and ſundrie others like: but if the rootes be thicke of rind, of a groſſe eſſence and bigge, then may the owner lay them to drie in the Sunne at Monday, as the roote of Gentiane, the Earth Apple, Brionie, Rapontick, Ariſtolochia, or any others like.

After that theſe be well dried, and like prepared, ought the owner to hang them vp in ſome Garret or open roome a high, being ſwéete and drie (through the Sunnes daily ſhining on the place at none) or open to the North where nothing damaged by ſmoke, nor duſt, nor that the Sunne beames may harme in any maner, euen as that ancient & ſingular Phyſition Hippocrates inſtructeth, who willeth the hearbs, flowres, and rots, ſo well freſh as drie, not to be beſtowed in any maner, in an open place, to bée dried of the wind, but rather cloſe ſtopped in Glaſſes, Earthen pottes, and ſquare boxes of wood, to the end that theſe loſe not their vertue, which otherwiſe they might ſone doe by lying open to the wind.

All the field plants, flowres, and rots, are ſtronger in nature, but in ſubſtance inferiour to the Garden plants, &c.

Among the wilde plantes, thoſe growing on the mountaines or high hils, do excell the other in property.

Among all plants thoſe alſo are of a ſtronger nature, which ſhall be of a liuelier colour, better taſte and ſauour.

The force beſides of plants do indure (for the more part) vnto two or three yeares.

The herbes which a man would vſe for the kitchin, ought rather to be gathered with a knife, ſomewhat aboue the earth, when theſe are ſhot vp vnto their perfit growth, as the Beets, Succory, Arache, Borage, Marigold, Colewort, Endiue, Clary, Rocket, Baſill, Marioram, Lettuce, Parcely, Percury, and many others.

When the owner mindeth to vſe certaine hearbs, hot of quality, he ought to gather them for the more part, rather freſh then drie, but if his intent be rather to heate leſſer, then ſeeing the moiſture of the greene, doth much mittigate the heat conſiſting in it, for that cauſe is he willed rather to gather the hearbes for phyſicke before they begin to alter their colour.

This for a generall rule note, that al flowres, hearbes, and rootes, ought carefully to be gathered in a drie faire ſeaſon, and not in clowdie, miſtie, nor rainy weather. The rootes beſide are not to be gathered, but after the fall of the leaues, and thoſe eſpecially from the middle of September, vnto the beginning of the moneth of Nouember. But flowres are chiefly to be gathered from the middle of the moneth of May, vnto the beginning of July, and after.

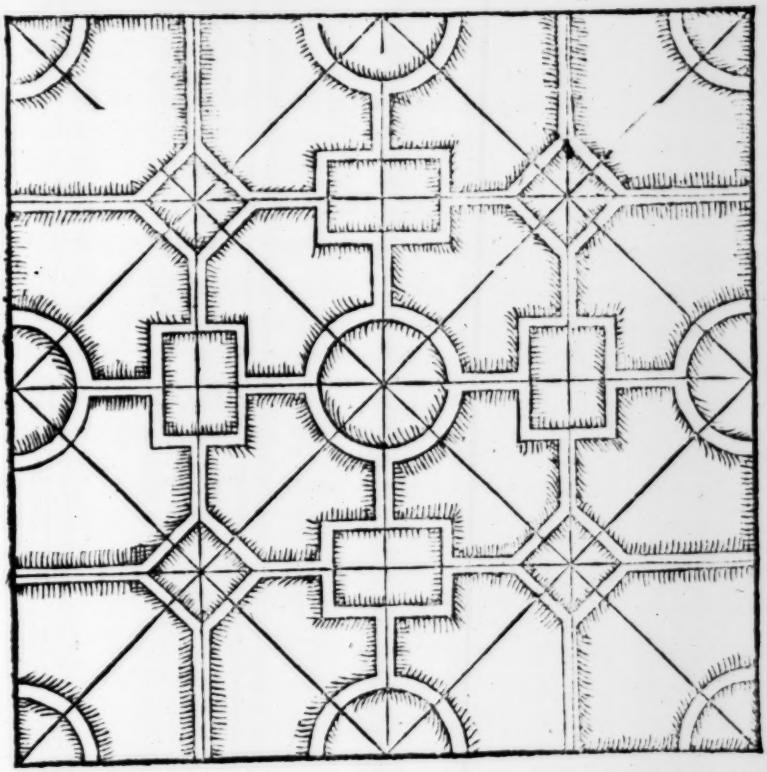
And for the fruits of ſundrie hearbes, theſe properly are to be gathered, according to the diuerſity of the hearbes.

The worthy remedies and ſecrets auailing againſt Snailes, Canker wormes, the long bodied Mothes, Garden fleas, and Earth wormes, which vitiate and gnaw, as well the pot hearbs, as trees and fruits.

Chap. 27.

There is none ſo dul of eie-ſight (as I beleeue) which not thorowly perceiueth and ſeeth, how that the garden riches be diuerſly anoied and harmed by diuers creeping wormes and beaſtes, as wel aboue as vnder the earth, and that through the ſame occaſion, often procured to feeble and waſte, and vnleſſe ſpeedie remedies ſhall be exerciſed, that theſe in the end doe fall downe and periſh.

For the peſtilent company of theſe increaſe and are ſeene manie times to be ſo many or great in number, that by no deuiſed meanes, neither by fire nor iron engine (from the Garden grounds or fields, in which theſe once ſhalbe lodged or abiding) can either be driuen away



mitted to the earth, from being gnawne or harmed, let him ſteepe thoſe ſeedes for a night (as I afore uttered) before the ſowing in the iuice of the Sengreene or Houſeleeke, which ſeeds alſo the Gardener ſhall preſerue vngnawne, if he beſtow of them in the ſhell of that Snaile, which I ſuppoſe to be the ſame, named the Tortuiſe, as the

former Author Anatolius writeth: in which place I may not omit the same practise of the skilfull Palladius Rutilius, who reporteth, that the noisome vermine or creeping things will not breede of the pot hearbes, if the Gardener shall before the committing to the earth, drie all the seedes in the skinne of the Tortuise, or sowe the hearbe Mint in many places of the Garden, especially among the Coleworts. The bitter Fitch and Rocket (as I before uttered) bestowed among the pot hearbes, so that the seedes be sowen in the first quarter of the Mone, doe greatly availe vs: as vnto the Canker and Palmer wormes belongeth, which in many places work great iniury both to the gardens and vines, may the owner or Gardener drive away with the Figge tree ashes sprinkled on them and the hearbes.

There be some which sprinkle the plantes and hearbes with the Lie made of the Fig-tree ashes, but it destroies the worms, to strew (as experience reporteth) the ashes alone on them.

There be others which rather will to plant or sow that big Onion, named in Latine Scilla or Squilla here and there in beddes, or hang them in sundry places of the Garden.

Others also will, to fire riuer Creuilles with nailes in many places of the garden, which if they shall yet withstand or contend with all these remedies, then may the Gardener apply to exercise this deuice, in taking the Dre or Cow vine, and the mother of oyle Olive, which after the well mixing together, and heating ouer the fire, the same be stirred about vntill it be hot, and when through colde this mixture shall be sprinkled on the pot hearbs and crees, doth marueilously preuaile, as the skilfull Anatolius of experience reporteth.

The singular Pliny in his practises vttereth, that those harmefull wormes, touched with blodie rods, are likewise driuen away.

The worthy Palladius Rutilius reporteth, that if the owner or gardener burne great bundels of the Garlike blades without heades dried, throw all the allies of the garden, and vnto these the dung of Backes added, that the sauor of the smoke (by the helpe of the wind) may be driuen to many places, especially to those where they most abound and swarme, and the Gardener shall see so speedy a destruction, as is to be wondered at.

The worthy Pliny of great knowledge reporteth, that these may

be

be driuen from the pot hearbes, if the bitter Fitch séedes be mixed and sowen together with them, or to the branches of trées, Crowsilles hanged vp by the hornes in many places doth like preuaile. These also are letted from increasing, yea they in heaps presently gathered are destroied, as the Grækes report of obseruation. If the Gardener by taking certaine Palmer or Canker wormes out of the Garden next ioyning, shal sæth them in water with Oil, and the same being throw cold, shall sprinkle on the hearbes or trées, that the mixture may wet and soke throw the nestes, euen vnto the yongones, cleauing together, that they may taste thereof, will spædily dispatch them. But in this doing, the Gardner must be very wary, and haue an attentiue eie, that none of the mixture fall on his face or handes. Besides these, the owner or Gardener may vse this remedy certain, and easily prepared, if about the bigge armes of trées, or stemmes of the hearbes, he kindle and burne the stronger Lime and Brimstone together: or if the owner make a smoke with Mushromes growing vnder the Nut-tree, or burne the howfes of Goats, or the gumme Galbanum, or else make a smoke with the Harts horne, the winde aiding, by blowing towards them.

There be also some which infuse the Vine ashes in water for three daies, with which they after sprinkle abundantly, both the hearbes and trées. Many besids make soft the séeds, steeped before their committing to the earth, in the Lie made of the Figge ashes.

The husbandmen and gardeners in our time haue found out this easie practise, being now common euery where, which is on this wise: that when these, after showres of raine are cropen into the warme Sun, or into places standing against the Sunne, may early in the morning shake either their fruits and leaues of the potte hearbes, or the boughes of the trées, for these are yet stiffe through the cold of the night, are procured of the same the lightlier and sooner to fall, nor able after to recouer vp againe, so that the Palmer wormes thus lying on the ground, are then in a readinesse to bee killed of the Gardener.

If the owner minde to destroy any other creeping things noious to hearbes and trées, (which Palladius and Rutilius name, both hearbe and Lœke wasters) then let him hearken to this inuention & deuice of the Grœk Diophanes, who willeth to purchase ỹ maw of a

Wether

Wether sheepe new killed, and the same as yet ful of his excremental filth, which lightly couer with the earth in the same place, where these most hant in the garden; for after two daies, shall the Gardener find there that the mothes with long bodies, and other creeping things shall be gathered in diuers companies to the place right ouer it, which the owner shall either remoue and carry further, or dig and burie very deepe in the same place, that they may not after arise or come forth; which when the Gardener shall haue exercised the same but twise or thrise, hee shall vtterly extinguish, and quite destroy all the kinds of creeping things that anoy and spoile the garden plants. The husbandmen in Flanders arme the stockes, and compasse the bigger armes of their trees with wisps of straw handsomly made, & fastned or bound about, by which the Palmer wormes are constrained to creepe vp to the tops of the trees, and there staied, so that as it were by snares and engins laid, these in the end are either driuen away, or thus in their way begun, are speedily or soone after procured to turne backe again. As vnto the remedies of the Snailes particulerly belongeth, these may the Gardner likewise chase from the kitchin hearbs, if he either sprinkle the new mother of the oyle Oliue, or soote of the chimney on the hearbes, as if he bestowed the bitter fitch in beds among them, which also auaileth against other noisome wormes and creeping things, as I afore vttered, that if the Gardener would possesse a green and delectable garden, let him then sprinkle diligently al the quarters, beds, and borders of the garden, with the mixture of water, and pouder of Fenny-Greeke tempered together, or set vpright in the middle of the Garden, the whole bare head without flesh of the vnchast Asse, as I before wrote.

That worthy man Iulius Fronto, reporteth that all Kitchin hearbes may greatly be holpen, if among them the hearbe Rocket shall either be sowen or planted. But an intollerable iniury shall be wrought to the husbandly Gardener, if the Goose dung dissolued in brine, be sprinkled on the kitchin hearbes, as these worthy writers Democritus, Fronto, and Damageron in their chosen precepts of the Greeke husbandrie left noted to our age.

The

The skilful inuentions and helps againſt the Garden Moles, Ants, Gnats, Flies, and Frogges, euerting, harming and waſting, as well Kitchin hearbes, as trees and fruits.

Chap. 28.

FOraſmuch as the Moles in many places of Garden grounds, through their caſting vp, and hollowing of the ſame, the ſeedes afore beſtowed in beds they vncouer, and the plants in like maner turne vp, & vnbare of earth, to the great griefe and paine of the carefull Gardener, in daily renuing and repairing of their former labours, for that cauſe hath he iuſt occaſion to trauell and buſie himſelfe in ſearching out, and deuiſing by al ſkilful meanes, in what maner he may ſureſt and beſt preuaile againſt this harmeful blinde beaſt. And that I may do a moſt gratefull matter to all Gardeners in the ſame, I will here vtter all ſuch ſingular practiſes, as either the worthy Greekes or Latines haue vttered and noted to be available againſt them.

Firſt, the ſkilful Paxanus hath left in a writing, that if ỹ Gardner ſhal make hollow a big Nut, or bore a hollow hole into ſome ſound piece of wood being narrow, in filling the one or the other with Roſin, Pitch, Chaffe, and Brimſtone, of each ſo much as ſhall ſuffice to the filling of the Nutte, or hollow hole in the wood, which thus prepared in a readineſſe, ſtop euery where with diligence, al the goings forth, & breathing holes of the Mole, that by thoſe the fuming ſmoke in no maner may iſſue out, yet ſo handle the matter, that one mouth and hole be only left open, and the ſame ſo large, that well the Nut or veſſel kindled within, may be laid within the mouth of it, whereby it may take the wind of the one ſide, which may ſo ſend in the ſauor both of the Roſin and Brimſtone into the hollow tombe, or reſting place of the Mole: by the ſame practiſe ſo workmanly handled, in filling the holes with the ſmoke, ſhall the owner or Gardener either driue quite away all the Moles in that ground, or find them in ſhort time dead.

There be ſome that take the white Néelwort, or the rind of Cynocrambes beaten and farced, and with the Barly Meale and Egs finely tempered together, they make both Cakes & Paſties wrought with Wine and Milke, and thoſe they lay within the Moles denne or hole. Albertus of worthy memorie reporteth, that if the owner

or Gardener cloſeth or diligently ſtoppeth the mouthes of the Mole-holes with the Garlik, Onion, or Leeke, ſhal either driue the Moles away, or kill them through the ſtrong ſauour, ſtriking or breathing into them. Many there be, which to driue away theſe harmefull Moles, do bring vp yong Cats in their Garden-ground, and make tame Weaſels, to the end that either of theſe, through the hunting after them, may ſo driue away this peſtiferous annoyance, being taught to watch at their ſtrait paſſages and mouthes of the holes comming forth. Others there be alſo wich diligently fill and ſtop vp their holes with the red Okar or Ruddell, and iuice of the wilde Cucumber, or ſowe the ſeedes of Palma Chriſti, being a kinde of Satyrion in beddes, through which they will not after caſt vp, nor tarrie thereabout. But ſome exerciſe this eaſie practiſe in taking a liue Mole, and burning the pouder of Brimſtone about him, being in a deepe earthen pot, through which he is procured to crie, all others in the meane time as they report, are moued to reſort thither. There are ſome beſides, which lay ſilke ſnares at the mouth of their holes. To the ſimple huſbandmen may this eaſie practiſe of no coſt ſuffice, in ſetting downe into the earth a ſtiffe rod or greene branch of the Elder tree. The worthy Pliny which hath left to memory ſkilfull practiſes, reporteth, that the mother of the Oile Oliue alone, ſprinckled on the heape of Piſmires or Ants, killeth them. This Author alſo writeth, that the Piſmires are wicked annoyers to trees, which the Gardener or huſbandman (ſaith he) may force to forſake and leaue, if he beſtrike the neather partes of the trees round about with the pouder of the Ruddell, and Liquid Pitch or Tarre mixed together, and hang alſo by the place the fish named of the worthy Rutilius after the Greeke writers of huſbandry, Coracinum, and of Ruellius, Graculum, for on ſuch wiſe handled, they wil reſort and gather all into one place, whereby the huſbandly Gardener may the ſpeedier deſtroy them. Others there be, which with the pouder of the Lupines and oile Oliue tempered together, do beſtrike the lower parts of trees and plants, for the letting of them in creeping vp. Many kil them, as I afore vttered, with the onely mother of the oile Oliue. The ſkilfull Neapolitane Rutilius reporteth, that if the great company of Piſmires or Ants haue deep holes in the garden ground, thoſe may the owner chaſe away, or kill in the ground by ſtopping

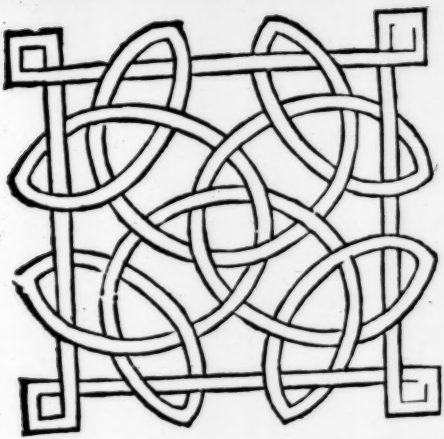
the

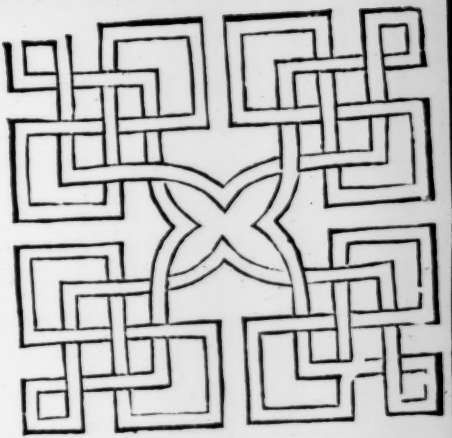
the mouthes of the holes, with the heart of the Owle. If they crepe abroad, then ſift all the Allies where theſe runne with bright aſhes, or elſe ſcore the ground thicke together with the red Okar or white Chalke, or make long ſtrikes with oyle on the earth. Further he writeth, that the huſbandly Gardner may driue away Piſmires, if on the mouthes of their holes he ſprinckle the pouder of Organy and brimſtone beaten together, or burne the empty ſhels of ſnailes, and with the aſhes of the ſame, ſtoppe abundantly the mouthes of their dennes and holes. In which deuice, this Rutilius omitted the Storar, that of Paxanius the Greeke, out of whom hee borrowed this concluſion, is added. The wordes of Paxanius be on this wiſe: If the owner, ſaith he, ſhall burne certaine Ants or Emots in the middle of the Garden, the others of the ſauour will crepe away. To theſe, if about the mouthes of the Emots holes, the careful Gardener ſhall ſmeare the groſſer Turpentine, the Emots or Ants will not after come forth, and theſe hee may expell or driue away from their proper reſting place, or dwelling together, if the ſhellie couerings of Snailes, burned with Storax Calamita, and beaten to pouder, or the aſhes ſifted, hee ſhall after ſprinckle on the heape of the Piſmires. And the owner ſhall thoroughly deſtroy the Antes, if he ſprinckle on them the iuice of Cyrenaicum, diſſolued and well mixed in oile. This Author further reporteth, that the Emots will not crepe on the plants nor trees, if the huſbandly Gardener ſhall diligently ſprinckle the bodies and ſtemmes of them, with the pouder of the bitter Lupines and mother of oyle, well mixed or boiled together. The ſelfe ſame matter ſhall the Gardener performe, if he compaſſe their holes with white & cleare woll or bombaſt, or that he mark on the ground long ſtrikes, or form round circles with white Chalke or red Okar, all theſe waies eſpecially that theſe moſt often haunt, or compaſſe their holes with Organy, as I afore vttered: for by ỹ like doing, as he affirmeth, the Emots after wil not only leaue the creeping vp on ỹ plants, but refuſe alſo to aſcend ouer the rings made with white Chalk about the bodies of trees. There be others which report, ỹ the Emots wil not creep to that hony pot ſet on the ground, about which the like circles with chalke or red Okar ſhalbe formed, yea though the ſame were left vncouered, yet is it known to many, that the Ants are marueilous deroſus of hony, & other ſweet things.

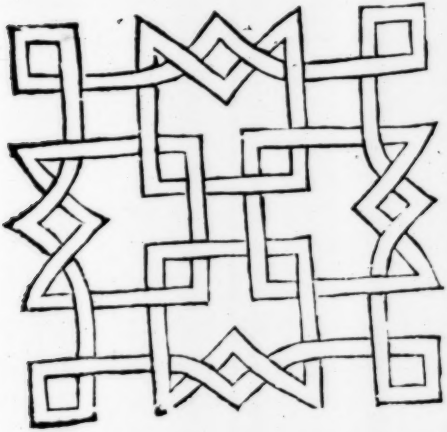
The skilfull Neapolitane Rutlius willeth, that the diligent Husbandman anoint or bestrike the stemmes of Plantes, and the bodies of trees, with the redde Okar, Butter, and liquid Pitch mixed well together. There be certaine of the Greeke writers of Husbandry, which will the thicke Iuie Garlands to be bound about the bodies of Trees and Vines, that by the same skilfull deuice, the Ants lodging vnder the shadow of these, as then pledges they slay and kill.

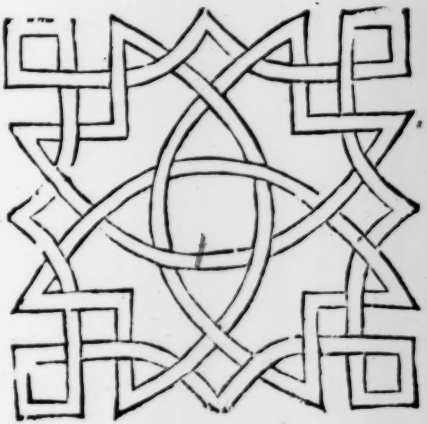
There be many which report, that the like may be wrought and done with the Buls gaule, mother of Oyle, and liquid Pitch, smeared about the bodies of trees. The singular Pliny reporteth, that the Sea mud or Ashes, stopped diligently into the holes, is a most sure remedy against the Emots, so that the places be not moist or watery. But with the surest practise and remedy of all, are the Pismires killed with the hearbe Heliotropium. Some suppose that ẏ water in which the crude Tile shalbe infused for a time, to be enemy to them. The Gardener may driue away Gnats, if he sprinkle on the beds & plants, the decoction of Organy in vineger, as that skilful Democritus in his husbandry hath noted. To these ẏ owner may sprinkle on the Plants, the infusion of Rue in water, or vse the decoction of the hearb Fleabane, or els make a smoke either with brimstōe, or Cummine, or the drie Oxe dung, or the gumme Bdellium. The learned Pliny vttereth, ẏ the Gardener may driue these away with ẏ smoke of Galbanum burned; & that worthy Neapolitane Rutilius, of experience affirmeth, that if the owner either sprinckle the new mother of oyle, or soot of the Chimney on the plants, it likewise driueth them away. That skilful Greeke Beritius hath left in writing, how that ẏ Gardener may driue the flies farre off with this fearefull deuice, if mixing the pouders of the Hellebor or Neeswort, & Orpiment with milke, the same be sprinckled on the plants and place where the flies most hant, it either hastily driueth them away, or kils thē soone after. The selfe same will the common Alum beaten with Organy, and tempered with milke preuaile against the flies: for what plants and herbs shalbe sprinkled with this mixture, wil not after be resorted vnto or touched of flies: The Bayberies with the blacke Neeswort beaten together, and infusing it in milke or water and Hony mixed, doth like profit: for this mixture sprinkled on the plants, and

places









places where the flies moſt haunt, doth after as it were by a poyſon haſtily kill the flies, or otherwiſe force them to flie ſpeedily away, neuer to returne.

As touching remedies againſt the frogges, which in Summer nights are wont to be diſquieters to the wearied Huſbandmen, through their daily labour, by chirping and loud noiſe making, let the Huſbandman exerciſe this helpe or ſecret, borrowed of the ſkilful Greeke Africanus, which is on this wiſe: Set on ſome banke (ſaith he) a Lanthorne lighted, or other bright light before them, or on ſome tree (faſt by) ſo hang a light, that by the brightneſſe of the ſame light, it may ſo ſhine vpon them, as if it were the ſunne, which handled on this wiſe, will after cauſe them to leaue their chirping and loud noiſe making: a practiſe tried by many of latter yeares.

The ſkilfull Greeke Beritius reporteth, that if the Huſbandman burie in ſome bancke faſt by, the gaule of a Goate, the Frogges will not afterward gather to that place.

The rare practiſes and ſecrets, both of the ancient and later writers of Husbandry againſt Serpents of the Garden, and any others, venoming as well men as the Kitchin hearbs, trees, and fruits. Chap. 29.

FLorentius (a ſingular and diligent interpreter of the matters of the field) wrote, that ſerpents in the garden ground or els where, will not lodge or abide, if the owner ſow or plant in borders about, or in apt corners of the garden, either the wormewood, Mugwort, or Southernwood, which if theſe ſhal ſome where happen to haunt, then may the Gardener (as he writeth) driue them incontinent forth of the ground, if he make a ſmoke either with the Lillie rootes. Harts horne, or Goats hoofes.

The ſkilfull Rutilius vttereth, that all ſerpents be forced out of the ground by euery ſowre ſauour, and ſtinking ſmoke, flying abroad with the winde.

The learned Democritus affirmeth that the ſerpents aſſuredly do die, if the Gardener ſtraw or throw Oken leaues on them, or if any ſpitteth faſting into their mouth gaping or wide open.

The well practiſed Apuleius writeth, that theſe ſtricken by chance

with a tough rēd or willow rodde, are mightily astonied, but giuing them many stroks do recouer and ware strong again. Tarentinus (a skilfull writer of the Greke husbandrie) denieth that any can be harmed of a Serpent, if the person afore be anointed with the iuice of a Radish or that he hath eaten of the Radish, which matter Athenæus and Galen, (with many other worthy Authors) ascribe to the Orenge or Lemon, and they confirme the same with a pleasant historie.

The former Florentius vttereth another singular practise against serpents of the garden, to be wrought after this maner: Lay (saith he) the fat of the Hart in ỹ garden earth, or els burie the Centory rote, or the Geate stone, or els the Eagle, or Kytes dung & the serpents will refuse the ground, or at least not come nēre the place, and euery venemous worme will be driuen away, if the Gardner by taking Nigella, Pellitory, Galbanum, of the Harts horne, Hyssope, Brimstone, Peucedanum, and the Goats hoofs, shal diligently bring these to pouder, and infusing the whole for a time in the strongest vineger, shal after make little bals of the mixture, with which throw dried caule a sauour and a smeke. For through the sauour of these matters sparsed in the aire, all crēping vermine will either hastily (for the great feare) forsake the ground, or die there incontinent. The same Author Florentius reporteth, that the serpents may like be gathered on a heape into an oloe dēepe poudering tubbe, as fish in a wele or bow net, if the same be dēep set about that place of the gardē or field where these most lurke & haunt, for after the spēdy resorting of these to the brinke of it they fall willingly in, not able after to recouer themselues out. Pliny writing of the withie named Siler, reporteth this, that the serpents refuse both the trē and fruite, for which cause, the husbandmen made them staues of the wood to carry about with them. But this by a most certaine experience or trial, proued & confirmed, that by making a smoke with old shoes burned, the serpents incontinent spēd away, nor these onely flie out of the garden ground, field, or house, but such as are entred into men, by dead slēp in the summer, in slēping open mouthed, or with open mouth, in the field, do like come forth with the said smoke. Which matter Marcus Gatinaria, a famos physition, confirmeth who reporteth, ỹ the like happened to a certaine man in his time, to whom after infinit medi-

cines

cines & moſt effectuous remedies were miniſtred, and none of them preuailed, at the laſt this imployed, fell out moſt luckily, and wonderfull of all others, in burning the leathers of old ſhoes, and receiuing both ſmoke and ſauour of a tunnel into the body. For as ſoone as this hideous beaſt (which was a mighty adder) felt the ſauour of this ſmoke, he was ſeene to the ſtanders about to come out at the fundament, to the mighty aſtoniſhment and wonder of al the beholders. And this worthy ſecret eaſie to be prepared, I thought here good to place, that the ſame, a like caſe happning, might be profitable to euery perſon. But in this place is not to be omitted, that ſerpents greatly hate the fire, not for the ſame cauſe, that this dulleth their ſight, but becauſe the nature of fire is to reſiſt poyſon. Theſe alſo hate the ſtrong ſauor far flying, which the Garlik & red Onions procure. They loue the Sauintræ, the Iuy, and Fenel, as Todes do ỳ Sage, and Snakes the hearbe Rocket: but they are mightily diſpleaſed & ſorreſt hate the Aſhtræ, inſomuch that the ſerpẽts neither to the morning nor longeſt euening ſhadowes of it, will draw neare, but rather ſhun the ſame, & flie far off. As a like matter Pliny reporteth, was on a time proued, by incloſing a ſerpent, within the large circle made of græne Aſhtræ leaues in the middle of which a quick fire made, to the terrour of the ſerpent, for that end to proue whether ſhe had rather run ouer the circle then draw neare to the fire, which neuertheleſſe (the fire kindling more and more) at the laſt rather crept to the fire, where ſhe periſhed, then by any meanes would draw neare to the circle of the Aſhtræ leaues. Yet here learne, the maruellous benignitie of nature, which permitteth not the ſerpents to come forth of the earth, before the Aſhtræ budded forth, nor to hide them againe, before the leaues fall off. The ſingular Poet Virgil ſaith, that the ſmoke made of Roſen or Galbanum, doth haſtily chaſe and driue the ſerpents away.

Theſe hitherto vttered, for the driuing away & killing of ſerpents. But here was almoſt forgotten, that the leaues of Ferne, doe chaſe away the ſerpent: for which cauſe many skilful thinke it profitable, either to ſow or ſtraw the Ferne in ſuch places where the ſerpents haunt. The Neapolitane Rutilius addeth, that if the leaues of the ſame be turned, they (with the ſauour onely) will flie or creepe haſtily away, yea and force them to change their lodgings,

far

far from the Garden ground or field.

Here a doubt may be made, whether the ſame be to purpoſe here to recite, that the worthy Albertus reporteth of the round Ariſtolochia with the field Frog, and a certaine proportion of writing Inke diligently laboured, and mixed with theſe, to make the ſerpents immediatly to quaile as dead, if any of the mixture be written withall, and throwne before them.

But I thinke it high time to come vnto the remedies, which are both readie and eaſie to be prepared.

If that any ſhalbe ſmitten of a Serpent, vnleſſe he haue a Feuer, and drinketh a certaine quantity of the iuice of Aſh leaues, with pleaſant white wine, and applieth alſo of the freſh leaues to the place bitten, ſhall in ſhort time ſee a worthy ſecret, greatly to be marueiled at, and by happie ſucceſſe proued of many.

Here briefly to conclude, if the Gardner beſtoweth the freſh elder flowres where the Serpents daily haunt, they will haſtily depart the place, yea theſe by report (artly beſtowed in the garden ground) doe in ſhort time deſtroy the Pothes, the Canker wormes and Palmers breeding in trees.

The other helps and remedies neceſſary to bee vttered in this Chapter, ſhall in apt places be declared in the ſecond part, where we purpoſe to intreat particularly of moſt hearbes growing in the garden.

The laudable deuices and cunning helps againſt the Scorpions, Todes, Garden-miſe, Weaſels, and all other greater beaſts, waſting and corrupting as well the Kitchin hearbes as fruits.

Chap. 30.

PLiny reporteth, that if ſlippes of the greene Heliotropium, be ſet round about the place where the Scorpions frequent, that they will not after creepe thence. But if the owner either lay or ſtraw vpon the Scorpions, the whole hearb, they incontinent (as he affirmeth) die.

That ſkilful writer Diophanes (in his Greeke commentaries of husbandry) vttereth, and the like many other, that the freſh Radiſh, either laid or ſtrewed on the Scorpions, killeth them incontinent.

To

To theſe, if any annointeth the hands circumſpectly with the iuice of the Radiſh, he may after handle Scorpions or any other venemous thing without danger.

This Authour further addeth, that a ſmoke made with Sandaracha and butter, or the fat of a Goat, will driue away both them and other venemous things, and by burning one Scorpion al the others flie forth of the ground.

If any boileth the Scorpion that ſtung him, or any other in oile, and annointeth the ſore place with the ſame, it ſhall greatly auaile.

The like commeth to paſſe, if he may kil and bruiſe the ſame on the ſtinging: but perilous wil the ſame ſtinging be, if he refraine not the eating of Baſil all that day of the ſtinging. Florentius reporteth, that the iuice of the Figge tree leaues dropped on the ſtinging mightily auaileth.

The learned Pliny affirmeth, that the aſhes of the Scorpion drunke in Wine (if the fit of the Feuer be not vpon the perſon) to bee a ſingular remedie, as the pouder of Wormes burned, to perſons hauing Wormes, or to beaſts the like miniſtred, and any bitten of a mad Dog, if the haires of the ſame be burned and drunke, doe greatly auaile.

The Moles (as the Greeke and Latine profeſſors of husbandrie write) may be driuen forth of the Garden ground, with thoſe remedies that the Serpents: for which cauſe, the remedies and helps againſt them to repeat, I thinke here ſuperfluous.

The Mice (as the learned Apuleius writeth) will in no manner harme or waſt thoſe ſeeds committed to the earth, which before the ſowing are ſteeped a time in the gaule of an Ore.

They will be killed in the ground, if the Gardener ſhall ſtoppe their commings forth with the freſh leaues of Rhodophanes.

There be (of the Greeke writers of husbandry) which wil, that like portions of the wilde Cucumber or Henbane, or the bitter Almonds and blacke Nolewort be orderly bruiſed, and tempered with Peaſe, the ſame after wrought into bals with Oyle, to be laid at the holes of the fielde and houſe Mice. Pliny writeth, that the ſeedes before the beſtowing in the earth) infuſed either in the gaule of a Weaſel, or the aſhes of him committed to the earth with the ſeedes, doth like

defend them from being harmed of Mice, yet the plants ſpringing out of theſe are greatly miſliked, for that they then giue the ſauor of ſuch a rancke beaſt, ſo that the ſeedes are better commended to be ſteeped afore in the gaule of an Ore.

The ſkilfull Africanus vttereth, that the Gardener may either kil or driue away Weaſels, if he mixe ſalt Armoniack with wheat paſte, and lay of the ſame in ſuch place where theſe moſt haunt. Others there be, which wil the careful Gardener to get one alme, and cutting off both taile and teſticles, to let him paſſe again, for by that meanes others (perceiuing the like ſight) wil depart the place, the eaſie experience of which matter, wil after bring a credit to thee in the ſame. For the driuing away of the greater beaſts, conceiue theſe remedies following, that if the Gardener ſhal water the ſeeds be ſtowed with the old vrine, in which the ordure of a Dogge ſhalbe infuſed for a time, they ſhall after be defended in the growing vp, from the ſpoile of great beaſts.

The ſelfe ſame doth the worthy Democritus affirme to come to paſſe (as I afore vttered) if that the owner take to the number of ten Riuer or Sea Crewiſſes, and in putting them into an earthen potte full of water, he ſet the ſame in the ſun for ten daies, to be wel heated and vapourated through the hot beames, which thus handled, let him ſprinckle on the beds and plants, that he would haue defended from the aire and great beaſts: yet may he not water the yonger plants, but euery third day, vntil theſe be growen vp ſtronger. The ſkilfull Affricanus and other worthy writers of husbandrie report, that if either the Peonie or hearbe Perſonata be buried, or otherwiſe ſowen about banckes or borders in the Garden or field, are after (as by a ſecret protection) preſerued, that neither the great nor ſmaller beaſts wil after ſpoile the plants there growing. But if the husbandman would haue his trees preſerued from being ſore eaten and waſted of the greater beaſts, then let him exercile (after the mind of Pliny) this eaſie practiſe, in caſting or ſprinckling on the leaues, the water in which Ore dung hath beene diſſolued, ſo that he be ſure thoſe times that raine wil fall within a day after to the cleane purging again of the branches and leaues of that ſauour, a matter in very deede wittily deuiſed for the purpoſe.

The

The skilfull practiſes and remedies againſt haile, lightnings, and tempeſts, beating downe and ſpoiling the Kitchin hearbes, trees, and fruites. Chap. 51.

FOr the haile, which for the more part deſtroieth both the labours of the Oxen and men, conceiue theſe few remedies following: That if the husbandman would auoid the ſame danger at hand or readie to fall, then let him drawe about the ground (whether it bee Field, Orchard, or Garde) the ſkin of a Seale, or Crocodil, or Hiena, and hang it after at the entry or comming in of the place, as the worthy Philoſtratus, in his Greeke commentaries of husbandrie, hath noted. Others there be, which ſeeing the haile at hand, by holding vp a mightie glaſſe, doe ſo take the image of a darke cloude, directly ouer the place, to the end the obiect by the ſame remedie (as Rutilius reporteth) may offend, whereby as doubled it may giue place to the other, and on ſuch wiſe be ſpeedily auerted and moued away.

There were ſome (as Philoſtatus writeth) which with the right hand drawing the Mariſh Tortoiſe on her backe, laboured ſo about the Garden ground or field, and returned to the place where they beganne, they ſo laid her vpright in the furrow made with her backe, and ſhorde clodders of either ſide, that ſhe might not fall, neither to one nor other ſide, but abide ſtedy vpright, to the end ſhe might ſo behold the bigge and thicke cloudes, directly ouer the place. And the ſame at ſuch times they exerciſed in the firſt houre of the day or night. Certaine others (ſeeming to be of greater ſkill) when the haile approched, did ſpread ouer euery ſpace in the Garden or field, white vine, or taſtened in ſome place right againſt the Tempeſt imminent a liue Owle, with the wings ſpread abroad, which two remedies alſo much auaile againſt the lightnings and haile, as ſaith the ſingular writer of husbandrie Iunius Columella, in his little treatiſe of the Garden.

To vtter here the popular helpe againſt thunder, lightnings, and the dangerous haile, when the tempeſt approcheth through the cloud ariſing, as by the loude noiſe of Gunnes ſhotte here and there, with a loude ſound of Bels, & ſuch like noiſes which may happen:

I thinke the same not necessary nor properly available to the benefit of the Garden.

The famous learned man Archibius, which wrote vnto Antiochus king of Syria, affirmeth, that tempests shall not be harmeful to plants or fruits, if the speckled Toade inclosed in a new earthen pot, be buried in the middle of the garde or field. Others there are, which hang the feathers of the Eagle or Seales skin, in the middle of the Garden, or at the foure corners of the same.

For these three, as by a certaine secret property (and for truth) by a marueilous repugnancy do resist the lightnings, and that of these (the aboue said) in no maner to be harmed or blasted, is to memorie of the posterity committed, and by the experiences or trials of many skilful men confirmed. Wherfore Tiberius Cæsar (as reporteth Suetonius) was wont to weare a Garland of Bayes, and to couer his proper tent all ouer with Seale skinnes, at such times as thunder and lightning happned, supposing himselfe to be defended from these, which he marueilously feared. Plinie reporteth that Bulbus (not for the smalnesse onely of his body) escapeth the force of lightning, but through a secret and naturall repugnance doeth this auaile against the stroke of lightning.

The laudable deuices and helps against frost, blasting of trees, mists, and rust, which be enemies as well to Garden hearbes as fruits.

Chap. 32.

TO most men it is manifest, that there are two kinds of celestial iniuries, the one that men name tempests, in which the haile, storme, and such like are meant.

These (when any happen) are named a mightier violence and working of heauen moued forward, as Pliny reporteth, by the fearefull starres, which be Virgiliæ, Hyades, Canicula, Arcturus, Fidicula, Hœdi, Orion, Aquila, and sundry others, carefully obserued of the writers of Husbandry and Physicke, and of men most diligently noted.

The other kind is wont to happen, the aire being calme and quiet, and in faire nights, no feeling to be discerned, but when the same is come to passe and wrought, which bewailed calamity is one while wont

wont to be named ruſtie, an other whiles burning, and an other whiles blaſting, that to all creſcent things is a ſterilitie, and at one word a deſtruction, ſo that all is cauſed by heauen, and wont eſpecially to happen in the ſpring time. The blaſting and burning of the bloſſoms of Apple-trées, the flowres of Vines and Corne, are cauſed through the iniurie of froſts happening in the night, and not as many report, to be wrought through the ſunnes charpe heate, burning haſtily vp the dew, or the moiſture entring in, and corrupting the heads of corne. The ſame alſo waſting the tender buddes, plants, and branches is commonly named burning, for that it burneth and conſumeth in places ſo blacke as any cole. The blaſting beſides of the tender bloſſomes of trées and vines, is named ſideration, for that this eſpecially is cauſed through the blaſt and ſtriking of ſome conſtellation. To theſe we adde the ruſt, as a mightie enemie to fruits. The worthy Pliny reporteth, that the ruſt and burning, be cauſed only of cold, which happeneth in the night time, and before the Sunne riſing, ſo that the Sunne is not worker of theſe. And the time when the like ſucceedeth, is knowne to be, after the mind of ſundrie ſkilfull writers of huſbandrie, at the change or full Moone, ſome ſtarres then of the firſt bignelle aiding in the riſing or ſetting. The ſuſpected times, and dates of the ruſt for iudging of the good and euil ſucceſſe of fruits is knowen in Aprill, according to the falling out of S. George and S. Markes day, and the ninth day of May, for the calmeneſſe and cleareneſſe of the aire. This celeſtiall ſterility doth neither happen nor cannot euery yeare, for the proper courſes of the ſtarres, both in the deſcending and aſcending in heauen, with the radiations or aſpect one to another. In the which working, who cannot but wonder, and for the ſame honor and reuerence the marueilous benignitie and goodneſſe of almightie God towards mankind? Yet of the conſtellations afore mentioned, & the others which are infinite in number, the diligent antiquity onely feared three of theſe greatly, and obſerued them for that cauſe, as the diligent Pliny noted and to memory committed. Firſt the cõſtellation Virgiliæ for the fruits, the conſtellation Aquila for the corne, & the conſtellation Canicula for the gathering of fruits, ſo that theſe for the ſame cauſe were named the Iudiciall ſtarres, to foreknow the ſeaſons by. In whoſe dates of the firſt appearance, if the aire cleare and calme ſent

down a kindly and feeding iuice to the earth, then was it a sure note to them, that such things sowen, would grow and increase prosperously. Contrariwise, if the Moone at those times sprinckled a dewie cold on the plants and crescent things, then as a bitternesse mixed contrary to the sweet nourishing and iuice, the same so slew and killed the tender things, shot forth appearing above the earth. But to come to the matter, there is neither frost, haile, storme, nor tempest, so harmefull to certaine fields or Garden grounds, through which they at any time cause the sterilitie and penurie of victuals, as the rust and burning heate doe, for these falling and working in open countries, procure for the more part through their harmes a publike calamity and present dearth, to the auoiding of which, shall herebe vttered these skilfull remedies, inuented of the ancient writers of husbandry. If the carefull Gardener would withstand the force of frost and rust approching, then let him burne store of chaffe, if such plenty be there or neare at hand, but for lacke of the same, may he vse the drie weeds plucked vp out of the Garden or field, and the bigge Thistles, or other wast fruits in many places of the same, especially toward that way which the winde then bloweth, for on such wise handled, (Diophanes in his precepts of husbandrie writeth) that the euil nigh or at hand is auerted. The selfe same practise may be vsed against thicke and darke mistes. Beritius in his Greeke precepts of husbandrie giueth warning, that the husbandman or Gardener diligently marke, whether the same be gathered in the aire, which readie to fall, let him then burne incontinent the left horne of the Oxe, with either Cow or Oxe dung, making with them a mighty smoke round about the garden ground or field, but the smoke especially directed by the wind, in fleeing against it. The worthy Apuleius wrote, that the smoke of three riuer Cremilles, burned with the Oxe or Goats dung, or with chaffe to be a most sure helpe and remedy against the like, that if the same be already fallen, I meane the rust, the Gardener may recouer the harme after this maner, as the skilfull Beritius reporteth, in taking the rootes or leaues of the wild Cucumber or Colocynthis, which after the bruising & infusing in water for a night, sprinkle & wet the places wel taken with the rust before the sun rising. The like may the Gardener worke & do with the Fig or Oke tree ashes, sprinckled in the place endamaged with rust.

All

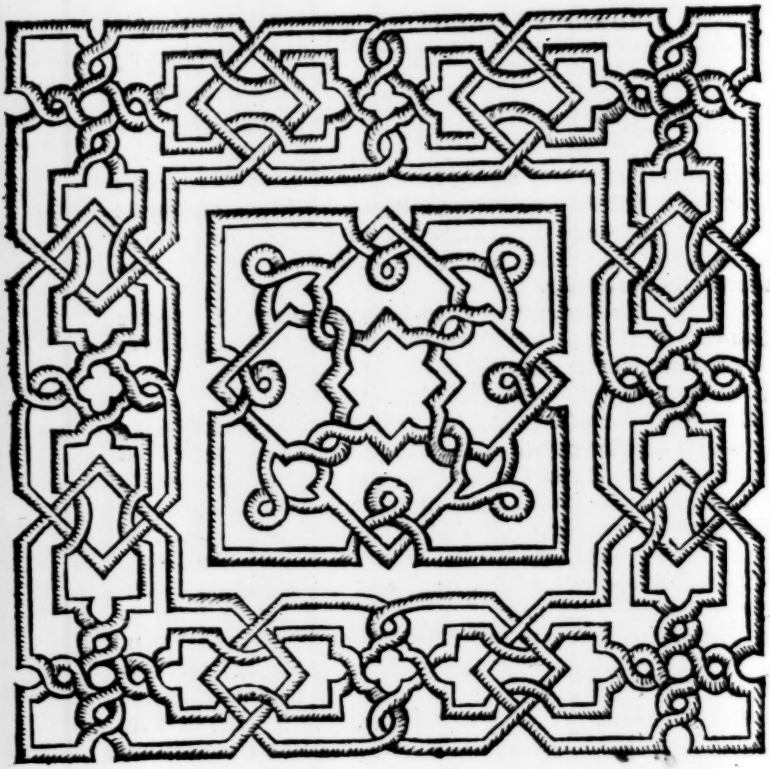
All ſæds of the Garden or field are defended, as reporteth Anatolius from al iniuries and monſters, if the huſbandman or Gardener before the committing of ſædes to the earth, doth infuſe them for a time in the iuice of the wilde Cucumber.

If the gardener or huſbandman, as Apuleius witneſſeth, ſhal ſtick and plant round about the Garden ground or field, many ſlippes, ſtockes, and branches of the Bay-tree, theſe wil after auaile againſt the ruſt. for into them all the harme of the ruſt paſſeth and entreth, as the like many times hath bene obſerued of the ſkilful, which very often is wont to happen in the betwie countrie, vallies, and in places where bigge winde of a ſodden deeth many times blowe. Thus much for the ruſt being enemy to fruits. Againſt the burning heate which peculiarly is wont to happen to vines, the learned Pliny willeth the huſbandmen to burne three liue Creuiſſes, or to hang them aliue on the tree or vine.

The Greekes (as certaine Latin writers haue noted) did ſowe Beanes as wel within as without the garden ground or field, to auoid by that meanes the froſt falling, or at leaſt to auaile againſt the froſt.

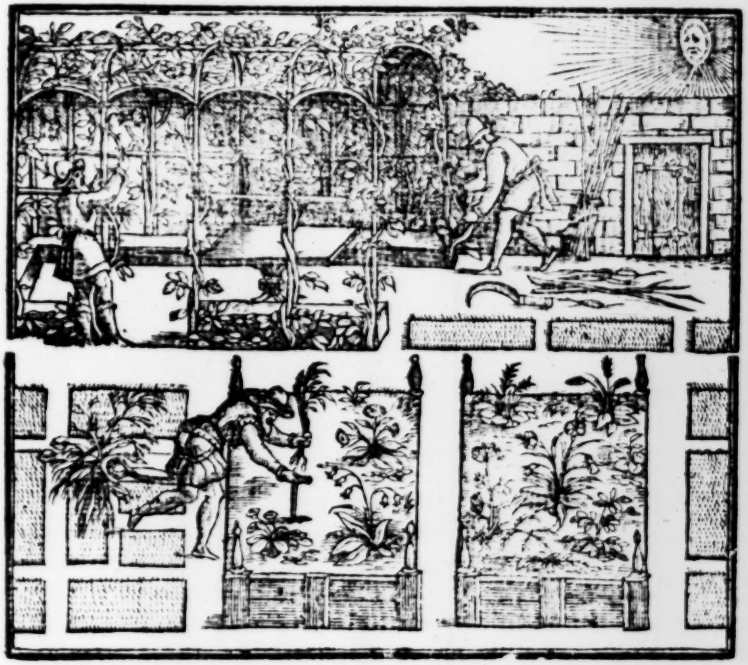
Theſe inſtructions for the workmanly handling and ordering of a garden plot, ſhal at this preſent ſuffice, and like the remedies againſt the harmes and iniuries that commonly annoy, whereby all ſædes and plants beſtowed in the ſame, may with gladſome cheare to the Gardener proſper and increaſe, which the gentle Reader ſhall conceiue to be borrowed out of the works both of the old and new writers of huſbandry, as well Greekes as Latines, that by great ſtudy and painful labor ſearched & obſerued the moſt of theſe, or els not attempted of any part, to be publiſhed and made common to al men. Beſides theſe you ſhal well conceiue, that the better part were confirmed in our time, by the experience of ſundry ſkilfull men in the matters of huſbandrie, and by earneſt ſute purchaſed, which to bee briefe, being thankfully accepted, the Authour hath his due reward, and ſo an end of this firſt part of the Gardeners Labyrinth. Vale.

A proper knot to be caſt in the quarter of a Garden, or otherwiſe, as there is ſufficient roome.



THE SECOND PART OF THE GARDENERS LABYRINTH,

VTTERING SVCH SKILFVLL EXPERIence, and worthie ſecrets, about the particular ſowing and remouing *of the moſt Kitchin Herbes, with the wittie ordering* of other dainty Hearbs, delectable Flowres, pleaſant Fruits, and fine Rootes, as the like hath not heretofore been vttered of any. Beſides, the Phyſick benefits of each Hearb annexed, with the commoditie of waters diſtilled out of them, right neceſſary to be knowne.



Where in my firſt part I haue fully ſatiſfied (as I truſt) the expectation of the huſbandly Gardener and owner in all ſuch matters, which may appeare needfull or requiſite to be learned and knowen, for the better aide, in poſſeſſing of a commodious and delectable Garden: in like maner I purpoſe to aide the careful huſbandman or Gardener, after the poſſibility of my ſkil in this ſecond part, with ſuch ſkilfull helps & ſecrets, as are required about the artly ſowing, and particular beſtowing as wel of the kitchin, as other dainty hearbes, pleaſant fruits, delectable flowres, and fine rootes, which at large I purpoſe to vtter in the ſame, and likewiſe the phyſick benefits to each hearbe I adde, with other matters profitable, to the end the owner or Gardener may with better good will be moued to beſtow an earneſt care and diligence about the often remouing, as well of daintie flowres as hearbes, with the clipping, preſſing downe, breaking away, and cutting away the ends of rootes, that theſe may grow the thicker and bigger both in hearbe and roote. All which inſtructions and rare ſecrets, are part borrowed out of the worthie workes and treaſures of the Greeke and latin profeſſors of huſbandrie, and part purchaſed by friendſhip and earneſt ſute, of the skilfull obſeruers and wittie ſearchers in our time of laudable ſecrets in Garden matters, ſerving as well for the vſe and ſingular comfort of mans life, as to a proper gaine and delight of the mind.

The like of which already vttered, may the owner both ſée and know by that plant, which in Gardens euerie where, as well thoſe in the Countrey as in the Citie, is placed none ſo common, none more plentifull, nor oftener vſed among kitchin hearbes, then this familiar pot-hearbe, named the Colewort, which by a diligence of the huſbandly Gardener, may well ſerue in the coldeſt Winter, in the ſtead of other pot-hearbs, ſo that this hearbe by good reaſon, knowen to be not onely profitable for the pot, but to the vſes of phyſicke right neceſſary, hath moued me the rather to beginne firſt with the Colewort, in vttering what care and diligence is required about the ſowing, often remooving, clipping and

dreſſing of the ſame, being before beſtowed in beds workemanly prepared.

What helps and ſecrets are to be learned in the ſowing and often remouing of the Colewort. Chap. 1.

The worthy Marcus Cato in his huſbandry, preferred the Colewort before all other pot-herbs, & the learned Pliny in like maner aſcribed a principality to ỳ ſame of al Garden hearbs, for which cauſe, I purpoſe here to intreat firſt of this hearbe, that many of the Latines alſo for the mightie ſtemme & armes like branches named the Colewort. Such is the nature of this plant, that the ſame refuſeth no condition of aire, for which cauſe it may be committed to the earth in any time of the yeare. This plant deſireth a fat earth, and well turned in with dung, but the clayie, grauelly, or ſandie this refuſeth, except a flood of raine water ſhall now and then helpe.

The Colewort proſpereth the better, being placed toward the South, but this ſtanding open to the North, not ſo well encreaſeth, although both in taſt and ſtrength it ouercommeth in the ſame place, for through the cold aire and froſts, the hearb is cauſed the tenderer and pleaſanter.

The Colewort ioyeth on a hill ſide, or the ground ſteeping downe, it delighteth in dung, and increaſeth by the often weeding, as the worthie Rutilius hath noted: when fiue leaues ſhall be ſprung vp, or but fiue, the ſame then muſt be remoued, but in ſuch manner handled, that the rote afore the ſetting againe, be anointed with ſoft Cow dung, which ought ſo to be ordered in a warm day, if it be winter, but if in Summer time, then at ſuch time as the Sunne ſhall be going downe in the weſt.

The moſt ancient of the Greekes diuided the Colwort into three kinds only, as the criſped, which they named Selinoidea, for ỳ ſimilitude of the leaues of Parcly, the ſame of thē Lean, for ỳ broad leaues iſſuing or growing forth of the ſtemme, for which cauſe, ſome named it Cauloden. And the ſame which properly is named Crambe, growing vp with thinner leaues, both ſingle and very thicke. The Colewort becommeth the bigger, through the earth daily turned light

light about the bodie. And particularly to write, the common Colewoꝛts, which they name the long oꝛ greene, ought to be sowne from the midle of August, oꝛ from the beginning of September, that these may be growne vp into bigge leaues to serue in Winter and in the Lent time. The husbandly Gardener oꝛ owner may plant yong Colewoꝛts in October, and set them againe in December, to pollelle the leaues in the sharpe Winter, and the sædes in June and Julie, and to make them also grow as bigge touſt, as in the other seasons of the yeare, and as tender oꝛ rather tenderer, although not so delectable: and haue good regard, that the sædes be not to cold, foꝛ these then bꝛing foꝛth plants out of kind, of which the repoꝛt goeth, that sæds sowne become Rapes, oꝛ Nauewes. Such sæds as you would to endure foꝛ fiue yeares, ought to be carefully pꝛeserued. Marcus Varro willeth the Colewoꝛt to be sowne in saltie places, and when thꝛee leaues be come vp, to sift Niter oꝛ salt earth on them, so fine as the frost falling, foꝛ on such wise handled, these are caused the tenderer & delectabler, the vertue notwithstanding pꝛeserued, which like pꝛactise is confirmed in the Gꝛæke husbandꝛie of Paxamus. There be some which vse ashes in stead of Niter, oꝛ foꝛ the same cause, that either may kill and destroy the Canker woꝛmes, which greatly offend and waſt the Colewoꝛts in some gardens.

The singular Columella repoꝛteth, that the Colewoꝛt doth come soner soft and tender in sæthing, and doth kæpe the græne colour without Niter, if the rote lapped with thꝛee small blades of the sea wæde, be againe set in the earth.

The woꝛthie Pliny willeth the Reite oꝛ sea wæde, to be put vnder the stalke, in setting againe, and vnto the same end, the delicate and tender setting vsed, so that the Colewoꝛt before the sæthing, be stæped a time in oyle and salt, but in the sæthing, put in a little salt, foꝛ the Nitrous and saltie substance consisting in it.

The Colewoꝛt may be caused both bigge and pleasant, if thꝛust into a hole, you set vnto the leaues in earth, that no part of the stems be left bare, foꝛ doubt of perishing: and as the same groweth vp in heigth, and the earth shꝛinking from it, so continually raise the earth high vp to the body, and cut away the outward leaues, so that no moꝛe then the toppe of the leaues may appeare aboue the earth. The Colewoꝛt often wæded about, and woꝛkemanly dunged wax-

eth the ſtronger, & cauſeth the Colewort to be of a greater increaſe, and tender of leafe. All the yeare throw may the Colewort be cut, ſæing all the yeare (as afore ſaid) the ſame may be ſowne, yet grown to ſæd, it ought not to be cut. The tender toppes of the yong Colewort, is greatly commended for Sallets, ſo that ſomewhat hot, both oile and ſalt be beſtowed vpon. When raine after a drought in ſummer time falleth, the owner may renue thoſe Colewoꝛts decaying, by plucking away from them the decayed leaues, which either ſhall be drie or eaten in many places throw. The Cabedge, Cole, or white Cabedge, may be ſown thick in beds, but after certain leaues come vp, remoued into well dreſſed beddes, halfe a yard aſunder, growen eſpecially to a bigge ſtemme or ſtock, and theſe will ley vnder a cold aire, in that they are cauſed the tenderer and delectabler through ſharpe froſts, and the heads couered with ſtraw, are cauſed both rounder and whiter.

The wrinckled, criſped, and Romane Cabedges, which of nature are more tender and delicate, ought to be ſowne in the moneth of March, and remoued at certaine times of the yeare, being alwaies watered when neede requireth.

When the Gardener or owner at any time ſeeth that the leaues of the Colewort either withereth or wareth yellow, the ſame then is a note of the default of water, which like happening, cauſeth the leaues to be yellow and full of holes, or lithie and feble, or els drie, through which of neceſſity they muſt feble and die.

If the huſbandman or owner would haue Colewoꝛts tender and pleaſant (as afore vttered) let him breake off in the ſetting again the outward leaues, for the inward leaues in the growing, will after become better of taſte, and pleaſanter in ſauour, then the outward leaues were.

The redde Colewoꝛts naturally grow through the abundance of hot dung, or through the watering or well moiſtening of them with the Lees of wine, or els by the planting of them in hot places, where the ſunne daily ſhineth a long time together.

Neuer take the toppes of the Romane, criſped, nor the other for your turne and vſe, but alwaies the thicke leaues downward, from the head or tops.

All the ſoꝛts or kinds of Colewoꝛts may be planted at al ſeaſons,

ſo

ſo that the times and earth be neither to cold, nor to hot. When you mind to ſet them again in holes made with a Dibble, cut away the ends of the rots, left in the letting into the earth. they fold or bend to the ground, which harms them greatly, and only thoſe of a bigge growth are to be ſet again, which although they ſlowly take rot, yet are they cauſed the ſtronger. And the rots of theſe, neither deſire any ſoft dung, nor riuer mud to be anointed or laid about them, or to be ſet in a ſoft earth, in that they ioy and proſper in a ground meanly drie, although the outward leaues wither, vntil ỳ time a ſweet raine falling, recouer their ſtrength. Some water the yonger Coleworts with ſalt water to cauſe them grow tender, &c. as afore vttered.

Pliny (that incomparable ſearcher of the matter of nature) reporteth, that pots or other veſſels, in which by water daily ſæthing, a cruſt or parget, ſo faſt cleaueth or is baked to the ſides within, that the ſame with no ſcouring can be gotten off yet by ſæthing the Colewort in this pot, the cruſt immediatly and with eaſe falleth off.

Athenæus writeth, that the Colewort ought not in any caſe to be planted or ſowne neare to the Vine, nor the Vine in like maner nigh to it, for ſuch is the great enmitie betweene theſe two plants (as Theophraſtus witneſſeth) that being both in one plot together, theſe ſo hinder one another, that the vine in branches growing further, rather turneth or goeth backe againe from the Colewort, then ſtretching toward it, and it yeldeth leſſe fruit thereth̃rough. And the ſame to be true (Pliny affirmeth) the wine in the Butte or Hoggeſhead to be corrupted, both in the ſauour and taſt, th̃rough the Colewort put into it; but the wine againe to be reſtored, th̃rough the Vate ſcaped in it. By which argument or proſe, Androcides ſingular in knowledge (as the like Pliny writeth) reported, that the Colewort greatly auaileth againſt drunkenneſſe. Of which it is now a common exerciſe among the Egyptians, that greatly loue wine, to boile the Colewort with their meats, that in eating of the like prepared, they may ſo auoid the annoiance of wine after drunke. Paxamus (a Greeke writer of huſbandrie) reporteth, that if any poure a little quantity of wine by drops, into the liquor of the Colewort boiling, the ſame after ſætheth no more, but quailed in ſtrength, is corrupted & changed in liquor. By a like a man may cõtrary gather, ỳ the perſon which would drinke plenty of

wine

wine, without being ouercome with the ſame, ought to eate afore a quantity of the raw Colewort with meat. But for this matter, heare the ſentence of the ſingular man (M. Cato) who willeth the perſon purpoſed to drinke much wine at a feaſt, and to dine or ſuppe freely, to eat afore ſupper, as great a quantitie of the raw Colewort as he will with good vineger, and being alſo ſet downe to ſupper, to eate fiue leaues raw, theſe then will cauſe him to be as one that had neither eaten nor drunke, whereby he may drinke as much as he will, through the marueilous repugnancie of the hearbe with wine, as afore vttered, and like noted by Agrius, in the worthie worke of M. Varro.

The Colewort in like maner, ought not to be planted nigh to the Organie, Rue, nor Sowes bread, for the drying qualitie conſiſting in them, ſo that theſe either ſowen or planted nigh to the Colewort, and other very moiſt hearbs, do generally hinder, and cauſe them to wither. A like matter worketh the Lauender, ſet in beddes neare to moiſt hearbs, through the heat conſiſting in it, as the Radiſh doth, which through the proper tartneſſe or ſharpnes being in it, burneth any moiſt and tender plant growing nigh to the ſame.

This alſo is worthy memorie which Athenæus reporteth, that in Athens (in time paſt) the Colewort was wont to be prepared with meat for women with childe, in ſtead of a certaine defenſatiue againſt annoiances.

There is alſo made of the Aſhes of Colewort, infuſed in water, a ſalt, in that the ſame poſſeſſeth a Nitrous ſubſtance (as afore vttered) through whoſe benefit, if this be meanly boiled, and taken in broth (as we ſhall hereafter write) doth looſe the belly.

The Phyſicke helps and worthie ſecrets of the Coleworte.

THe Colewort in the vſe of phyſick hath ſo many properties, that peculiar Pamphiletes the ancient, as Pythagoras, M. Cato, Chryſippus, Dieuches, & ſundry others, wrote of the vertues of the ſame. But of the monuments of theſe men none are extant, ſauing ỹ ſame which M. Cato & Pliny haue left to memory writtē. Therfore a few vertues of this hearb (& of the worthieſt) ſhal after be vttered.

Firſt

First M. Cato writeth, that this hearbe coleth and moistneth in the second degree; and for the hardnes of making water, which commeth forth by droppes or very straightly, he willeth to prepare the hearbe after this manner: in taking the Colewort leaues cleane picked, & after the bestowing of them in scalding water, to let them sothe a while, which as yet halfe raw, poure the liquor almost from them: to those then adde a reasonable quantitie, both of Oyle and Salt, but of Cummine a little, which done, let the whole soth a while, then taking it from the fire, and coled, to sup a messe or draught of the broth, and the Colewort leaues to eat, as sone as they be thus sodden tenderer, which in like maner daily vse, vnto the time the patient be eased.

For all maner of vlcers and swellings, vse and apply the Colewort workmanly bruised, especially the smal stalks & tender leaues of the same, that the Greeks name Crambe, and with vs, the common Colewort, which like ordered, purgeth the canker sores, and in short time healeth them, the like of which, no other medicine properly can do. But before the patient lay them on, he must diligently with much warme water, supple and wash the sores, after apply or lay on twice a day the said Crambe or common Colewort bruised: with which remedie also, both lose ioints and bruises, yea canker sores and vlcers in the pappes of women may marueilously be cured.

If the vlcer be so tender, that it cannot suffer the sharp working of the Colewort, then mixing the Barly meale with it, apply on such wise: and the report goeth, that there is one simple, which like prevaileth against the iopnt sickness or ache of ioynts, as the raw Colewort diligently applied doth, if the same finely shred be eat with Rue and the Coriander or els with a corne or two of salt and barly meale, artly mixed with Oximel, the same be nointed morning & euening.

That if a person hardly beateth or but little bruise (saith M. Cato) the Colewort with wine, which after the hard wringing forth, and warmed in a saucer, drop gently into the eare, and in short time the patient shall feele the benefit of the same. These hitherto M Cato, which accustomed to praise the crisped Colewort especially, next the thin with great leaues and big stalke.

Leauing further to write of the vertues, which Cato in his husbandrie, and the singular Plinie vtter, I here mind to declare certain

worthy practiſes of the Greeks, as touching the Colewort and firſt they report, that the decoction of the Colewort drunk with pleaſant wine, to procure the monthly courſe in women, to theſe the iuice of the ſame mixed diligently with fine hony to cure the eies, if the ſame wittily be dropped into the corners of them.

That if any hath eaten venemous Muſhromes, he ſhall marueilouſly be holpen by drinking the iuice of the Colewort.

Nor they omit that the ſame doth yeeld a mighty nouriſhment to the body, in ſuch manner, that children eating of the Colewort for a time do the ſpeedier go alone.

The iuice (as they report) drunke with white wine for xl. daies together, cureth both the diſeaſe of the Splene and Iaundiſe, as the worthy Paxamus (in his huſbandly inſtructions) confirmeth. In which he reporteth that three parts of the Colewort, with two parts of the round Alum ſteeped in vineger, cleanſeth the foule ſcurffe and lepre: the ſame boiled and drunke amendeth the voice and griefe of the Arteries. For which cauſe many ſtudents vſe deſirouſly this hearbe.

To vſe alſo the ſeed and leaues, with Sylphium and vineger bruiſed and applied on the grieued place, doth perfitly cure the bite, both of a dog mad and not mad.

And if it ſhall happen through a diſtillation or Rheume from the head, that the Vuula or roſe to befallen into the throte, the iuice then of the raw Colewort applied to the head, will in ſhort time recouer and ſtay the ſame in the proper place: a ſecret in very deede, worthy to be noted.

The raw iuice of the Colewort drunke with wine, helpeth the bit of a ſerpent or adder, the iuice with the meale of Fenigreke and vineger artly mixed, & either anointed or applied in plaſter forme, doth effectuouſly cure the Gout, Ioynt ſtiffneſſes yea filthy and olde vlcers as the worthy Dioſcorides writeth. The iuice alſo ſnuffed or drawen vp into the noſtrils, purgeth very well the head, and conueied into the ſecret place with the meale of darnell, draweth the reds or termes downe.

The iuice of the leaues anointed alone, or with Barlie meale beaten and mixed, doth in ſhort time qualifie inflammations, and aſſwage great ſwellings, and wit Salt doth breaketh botches, and ſtaieth

ſtaieth

ſtaieth the ſhedding of haire.

The diſeaſed of the Splene, this raw eaten with Vineger doeth profit, after the boiling mired with hony, the ſame greatly preuaileth againſt eating vlcers, and canker ſores.

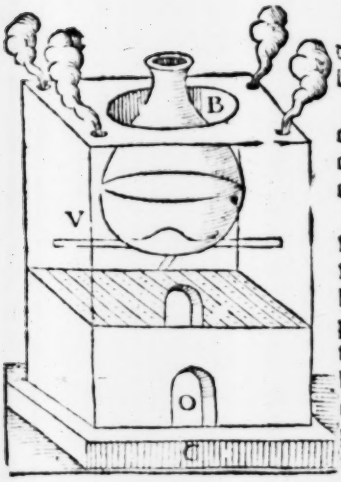
The greene ſtalks with the rots burned (or rather roſted vnder hot embers) which after the artly mixing with old Warrows greaſe, be in plaſter or forme applied, to the daily griefes of flanckes or ſides, doth in ſhort time preuaile.

The iuice of the Colewort mixed with the oile of Roſes, and applied to the forehead, doth remoue the headache procured by heat of the Sunne. To this Colewort boiled, if you mixe the Oyle of Almonds and iuice of the ſweete Pomegranat, the ſame vſed, doth in ſhort time deliuer a drie cough.

The Colewort (after the opinion of certain ſkilful Phyſitions) is found to be hard in digeſtion, ſwelleth the bellie, harmeth the flegmaticke (in that the ſame increaſeth humors) and harmeth women, hauing the reede courſe on them, foraſmuch as the ſame increaſeth ſuch a flure.

If you would drie a moiſt belly, then after the Colewarts be half ſodden (by pouring forth al the firſt in a maner) poure in other warm water ſpedily, which like boile againe vntill the Colewort in this ſething, ſhalbe tender and ſoft, and in eating, ſeaſon it with a little pepper and ſalt: but this may not be handled on ſuch wiſe, if you would vſe it for loſing of the belly, for then after the ſhifting of it out of the firſt hot liquor into a pan ſtanding faſt by with oyle and a little ſalt prepared, you muſt boile againe vnto the time the ſame be readie.

The commended beneſits of the diſtilled water of Coleworts.



THe leaues of the græne and common Colewort are to be diſtilled in a faire and apt time, about the beginning of June.

This water miniſtred or receiued vnto the quantitie of three ounces at a time, morning and euening, ſtaieth womens reds.

The diſtilled water of the Colewort, profiteth the birth of childe, when the time of deliuery is at hand, if a Napkin wet in it be applied often to the noſe, to ſmell vnto, for by that meanes may ſhe happily be deliuered. The like quantity drunk, helpeth the dropping of the vrine: And drunke vnto the quantity of three ounces at a time, morning and euening, ſtaieth a loſe belly.

The Phyſicke helps of the water of the red Colewort.

THe leaues of the red Colewort gathered, are to be diſtilled in the end of May.

This water drunke in the morning faſting, vnto the quantity of fiue or ſeuen ounces at a time, ſoftneth a hard belly, and three ounces at a time vſed for a moneth together putteth away the giddines of the head: this water profiteth againſt the Apoplexie, and conuulſion or Crampe in the members, either drunke or anointed on the grieued places. The water helpeth the trembling and quiuering of members, if thoſe be often rubbed and ſupplied with it, and the water ſuffered to drie theſe into parts by it ſelfe.

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The linnen clothes wet in it applied on inflammations, putteth away the heate, and ceaseth or swageth the swelling: and orderly drunke, healeth vlcers both within and without the body, so that the vlcers without, be applied with linnen clothes, both morning and euening.

What worthy instructions to be conceiued, in the sowing and ordering of the Beete for the Pot.

Chap. 2.

THe Beete more often eaten at poore mens tables, ought to be bestowed in a most fat earth, and sowen at any season, but rather the seedes to be committed to the earth about the middle of December, and vnto March, and like in August, to possesse seedes, which may endure for three yeres. The seeds ought rather to be thick then thin sowen in bed, and shot vp to some growth, as that foure or fiue leaues be sprung aboue the earth: then in Summer time, the plants are to be remoued, if the beds afore were moistned or wet with showers, as the singular Columella writeth: but if the ground be drie in harueſt time, then to remoue them where showers lately fell and softned the earth.

The Beete loueth or ioyeth to be often digged about, and to be fed with much dung, for which cause the yong plants to be set againe, ought after the ends of the roles cut off, and the tops of the leaues clipped, to be strewed or anointed about with new Cow dung, and then bestowed in beddes a good distance asunder, which after the plants be more growne vp, to be diligently weeded about, and the vnprofitable weedes throwne away, for by that meanes they grow the fairer and bigger, being, as I said, bestowed in fat earth and well dunged.

The Beete may be caused to grow bigge and broad, as Soſſion in his Greeke instructions of husbandry affirmeth, if before the Beete shalbe growne vp into a stemme, and shot forth in stalks, the owner lay vpon the head a broad Tile, Potsheard, or some other thing of weight, to presse the top gently downe, for by that practise or meanes in the weightie bearing downe, the Beete is caused to spread into a breadth with the leaues.

The Beete becommeth the whiter and far greater, if the husbandly Gardener anoint or couer the roote with new Eye or Cowe

dung, and that he cut the rote and top of the yong Beete, as the Leeke handled before the ſetting, and after a bigger growth to preſſe it downe, as afore vttered. To haue the Beete grow redde, water the plant with red wine Lees, or ſet the ſame in a hot place, where the ſunne daily ſhineth long. The Beete roſted in embers, taketh away the ſtinking ſmell and ſauour of Garlike eaten, if the ſame bee eaten vpon or after the Garlike, as the Greeke Menander hath noted. This is marueilous to heare by the ſeede of the Beete, that it yeeldeth not the whole perfection or perfit ſeeds in the firſt yeare, but an increaſe in ſeedes somewhat more the ſecond yeare, and in the third yeare a ful perfection from the firſt ſowing: And Plinie reporteth, that the Beete ſpeedier commeth forward with the old ſeed, then with new: for which cauſe, the matter demanded of a ſkilfull Gardener, reported of experience, that the ſeeds of the Beet to ſow, ought not to be gathered before the Beete had borne a third yeare, after the firſt ſowing: of which ſeeds ſowne in due time of the Moone, the beſt Beets come, and this not to be forgotten, that when the taſt of wine, through the Colewort (as afore vttered) is corrupted in the veſſel, the ſame againe by the ſauor of the Beete, as through the leaues put into it, is recouered. Theſe hitherto of the Beete.

The Phyſicke benefits of the Beete.

FIrſt all the kindes of the Beete haue a colde and moiſt qualitie, and the white Beet, as Diphilus the husbandly phyſition reporteth, loſeth the belly, and the red Beete moueth or prouoketh vrine. Galen affirmeth this Beete to be endued with a nitrous qualitie, through which it both purgeth and cleanſeth filth, which vertue is more effectuous in the white, inſomuch that it cauſeth the belly laxatiue, and purgeth the body of euill humours, yet the ſame paſſed to the ſtomacke biteth and plucketh it. The iuice of the common Beete drunke loſeth the belly, but the ſame harmeth the ſtomacke in pinching or biting it, eſpecially thoſe perſons which haue a tender and delicate ſtomacke, ſo that the hearbe is better commended ſodden, then the raw iuice vſed.

The iuice of the Beet mixed with the oile of bitter Almonds, after the heating of it in a ſaucer, ſupped or drawne vp into the noſtrils, doth greatly helpe the ſtopping of ỹ noſe, & recouer ſmelling through

the

the purging or clensing of the head. The rote of the Bete boiled in water, and three or foure drops of the liquor dropped into ỹ eares, doth remoue the rage and paine of them. And the iuice of the Bete rubbed on the gummes, doth asswage the rubbing of them: the iuice of the raw Bete anointed on any bald place of the head, procureth the haire to grow, and killeth lice. The decoction of the leaues and rotes, doe also clense the head of Nittes and Dandrie. The Bete after the tender boiling, applied on whelks, & blisters of scalding or burning, doth in short time heale them. The iuice of the Bet drunk with Cummine or Dill seedes, remoueth the gripings of the belly. The blacke or redde Bete boiled with the pulse Lentiles, and the same receiued, staieth a lose belly, which (as I aboue said) the white Bete loseth. This white Bete also sodden and eaten with raw Garlike, doth driue away the wormes of the belly. The Bete boiled, helpeth the obstructions or stoppings of the Liuer, more then the great Mallowes or holy Oke doth, especially when the same is eaten with Mustard or Vineger, and eaten in like manner as with Mustard or Vineger, doth marueilously asswage and helpe the corrupted Splene. This hearb is rather eaten after this manner for Physicke causes, then for nourishment, in that there is but a small nourishment of this, as of all other Pot hearbes, which to the full eaten of at a time, or often eaten doth not onely gripe and bite the stomacke, but increaseth euill humours, as well in the healthfull as sicke persons.

The speciall effects of the distilled water of the white Beetes.

The time of the distilling of this hearb, is in the end of June, and that both the leaues and stalks together. The new water of the white Bet, drunk morning and euening vnto the quantity of foure ounces at a time, doeth marueilously preuaile against the stone, in that the same consumeth it. This quantity like drunk, preuaileth against the griefe of the stone, in that it purgeth the loines and kidneis. This ceaseth the vering paine of ioynt aches, by applying wet clothes on the places dipped in it.

What

What rare helps and ſecrets to be learned, in the ſowing and ſetting of the Biete. Chap. 3.

THere are two kindes of this Biete, as the white and the red or blacke, both at this day very wel knowne, through their growing as common in the field as garden. The ſtalks and leaues of the redde ware ſo redde in the growing, that they appeare as died with a ſcarlet colour, but after a further growth, in time theſe from that colour are changed into a purple, and at length ware blacke to the eie, of which the ſame alſo is named of ſome the blacke Biete. The rote beſides of this hearbe in the breaking appeareth ſo red as any blood.

The white Biete poſſeſſeth or rather ſendeth forth branches and leaues like to the Beete, and the ſame without ſharpnes or biting, being vnſauorie, and each is of the ſame condition, that it ſpeedily ſpringeth in the garden, as Pliny reporteth.

And the white or red Biete may be ſowen in any earth, but rather in a wel dreſſed ground, in the moneth of March, as the ſkilful Neapolitane Rutilius willeth, which ſtrongly growne in the earth, or fully come vp, continueth and yearely renueth of it ſelfe, without any proper ſowing, ſo that in time this ſo taketh rote by the ſeedes yearely falling, that the Gardener after can hardly weed the ſame out of his ground if he would: wherfore this once ſowne in a fertile earth, proſpereth many yeares by the yearly yeeld and falling of the Seedes, and requireth neither raking nor weeding about it, as the worthy Palladius reporteth.

The Phyſicke helps and commodities of the Biete.

THe worthy Galen in his booke De faculta. ſimpl. writeth that the Biete is a Pot hearbe, much and often eaten of the ſimple ſort, and in a qualitie cold and moiſt.

This as Pliny writeth, is thought to be vnprofitable to the ſtomack, & ſo much moleſting the belly, that in ſome this moueth & cauſeth the choler to increaſe, and the flire of the belly. Yea this moueth alſo vomitings with griping of the belly, through choler moued and ſtirred

ſtirred vp, which by the daily or too much eating of it at a time procedeth, yet the Blete of practiſe knowne, doth harme leſſe the ſtomacke and belly, if the firſt water poured forth, and the left hearbe put in a panne be fried with Oyle and Butter, and a little Salte added, or Vineger, and ſo eaten. But this notwithſtanding may not be often eaten, nor to be full at a time, forſomuch as this (of experience knowen) procureth vomiting, and engendreth paine in the ſtomacke, griping in the bowels, and to bee laxatiue, through the mouing of choler. And in the eating of this is to be remembred, that the hearbe be not eaten with Oile alone, and a little Salt, but rather with vineger added for the more part, in that the ſame otherwiſe is knowen to be enemy to the ſtomacke. This hearb (as aboue vttered) hath a property in ſoftning the belly, eſpecially when the force of it is increaſed, by ſome other ſlippery and clammy matter. Theſe hitherto Galen. This notwithſtanding drunke in Wine (as Pliny reporteth) preuaileth againſt the bite of a Scorpion, & laid in a plaſter forme on the thicke ſkin of the feete, and in like maner for the beating paine of the temples, and with Oile on the Milt, doeth greatly profit. And the worthy Hippocrates writeth, that the ſame eaten in the manner (as afore taught) doeth reſtraine and ſtay the fearmes. Theſe hitherto Plinie.

What diligence and skill is required in the ſowing and ſetting of the Garden Arage. Chap. 4.

THe Garden Orage for the potte, ought by the agrément of the skilfull, to be ſowen in the moneth of March and Aprill, & in the other moneths following vnto Haruеſt, the apt ſeaſons and times herein conſidered. But in ſome places are ſeedes beſtowed in the moneth of December, in a well dreſſed and dunged earth, and the plants better proſper being thin ſowen. Theſe alſo may be ſowen by themſelues in beds, and together with other hearbs, and they alwaies deſire to be cut or broke̅ off with an iron inſtrument, that they ceaſe not yeelding forth of yong. The Orage loyeth in the often watering, if the ſeaſon and ground be very drie. The ſeeds of the Arage ought diligently to be couered, incōtinent after they are beſtowed in the earth, and the rootes of the hearbs to be often digged vnder, and

left hollow of earth, that the rootes may grow within the ſtronger.

This hearbe is ſuppoſed to grow the greater, being not remoued at al, and for that cauſe the plants thin beſtowed in beddes, do euermore ioy and increaſe the better. The plant in like maner increaſeth and becommeth the ſoner great, through the often and diligent weeding exerciſed about the ſame. To be briefe, this plant after the mind of Rutilius requireth to be watered all the hot and drie ſeaſons, vnto the time of Harueſt, in that the ſame delighteth and increaſeth the ſatter, through the daily moiſture beſtowed on it.

The Phyſicke benefits of the Orache.

THe ſeedes of this hearbe may bee kept to vſe for foure yeares, and theſe through their cleanſing quality, helpe greatly the ſtopping of the Liuer, cauſing the ſhedding of the Gaull, or yellow Iandiſe. Two drammes of the ſeedes bruiſed, miniſtred with two ounces of hony, and a draught of warme water, and drunke faſting, doth on ſuch wiſe by vomiting caſt vp choler. The hearbe in quality is knowen to be cold in the firſt degree, and moiſt in the ſecond, through which reaſon it ſoftneth the belly. The hearbe ſmally nouriſheth, in that the liquor or iuice of it is watery & ſlippery, through which it lightly loſeth the belly & the leaues after the bruſing laid in plaſter form on hot impoſtumes & ſwellings, & like on the ſhingles, doth both ſpeedily cole & heal them. The ſeeds after the bruiſing, take with a quantity of hony, and the ſame ſundry times, helpeth ſuch as fetch the wind hardly. The ſeeds like vſed, do erpel the wormes in the belly, and prouoke vomiting. Pythagoras greatly miſliked the Orach, in that the ſame (as he affirmed) cauſed by the often eating both a paleneſſe of face, & the kings euil. But the worthy Dioſcorides far otherwiſe iudged, in that he affirmed the Arach ſeedes to helpe the Iandiſe. The Arach alſo helpeth ſuch as haue a hot liuer. If the hearbe Mercury with the Orach be diligently boiled, and the broth ſundry times vſed, it doth both loſe the belly, and deliuereth ỳ paine of the bladder. The perſon daily vſing the decoction or broth of the Orach, with the herbe Mercury and Beets, for a time together doth ſpeedily deliuer and rid the Ague. The Orach eaten, is thought profitable

ſtable for the perſon ſpitting blood. The herb bruiſed and applied to the belly, not onely cleanſeth the defaults or corrupt matter within the privy place, but ceaſeth in ſhort time the paineſull griefe of the matrice. The Orach bruiſed and laid in plaſter forme on any member, hurt either with thorne or naile, doth with expedition draw the ſame forth and healeth it. The hearbe boiled with hony, and applied on rough nailes of the fingers, doth within ſhort time loſe them off. The Orache bruiſed, and after the mixing with hony, applied in plaſter forme, doeth in ſhort time remoue the aching paine of the hotte gout in the feete. The hearb ſo tender and ſoft boiled as any other Pot hearbe, and eaten of the patient, doth not onely ſoften the belly, hard ned or coſtiue by heat, but remoueth diuers ſwellings.

What ſingular skill and ſecrets is to be knowne in the ſowing, remouing, and ſetting againe of the worthy hearbe named Sperage. Chap. 5.

THe field or garden Sperage, ioyeth in a fat, moiſt, and wel dreſſed earth, and the hearbe growen vp to heigth, hath by euerie leafe growing forth, a redde berie hanging downe, in which a ſeede is, that the hearbe in the ſowing commeth of.

The ſeeds to be committed to the earth, as the worthy Didimus in his Greek inſtructions of husbandry repoſeth, ought to be beſtowed in the ſpring time, into little holes of three fingers deepe, in which the owner or Gardener may put two or three ſeedes together, well halfe a foote diſtant one from the other, which thus beſtowed, require after no more trauell nor care for the firſt yeare, ſauing the digging about, and plucking vp of weedes growing among them.

But for the ſowing and increaſe of the Sperages, it ſhall be to great purpoſe and commoditie, to heare the wittie precepts and inſtructions of Marcus Cato, Columella, Pliny, and Palladius like agreeing.

The ſeedes (ſay they) as much as three fingers can take vppe at one time, may the owner or Gardener workemanly put, and lightly couer, in earth both fatted and well dunged, and in verie little furrowes, ſo ſtraight made as a line, which on this wiſe handled, will by the fortieth day after grow ſo inward in the earth, that the rootes ſhot forth, wil claſp & fold one in another, as if they ioyned

together in one, and for the same named of the ancient Gardeners earth Spunges. If the places in which you purpose to committe the seedes shall be drie, then these laid on soft dung, lying alow in the furrowes, shall on such wise bee ordered and couered, as if they lay or were bestowed in little Hiues. But in a contrary manner shall the owner or Gardener worke and do, in continuall moist places, for the seedes in like places shall bee bestowed on high ridges, workemanly raised with dung, that the moisture may lesse annoy the plants in the growing, which onely ought to be fedde or watered with the moisture passing by, and not still to abide in that moisture, to be cloyed with it. The seedes on such wise bestowed, will yeelde a Sperage in the first yeare, which the owner or Gardener shall then breake or cutte off beneath. But if the owner assay to pull at it neare the ground, the small rootes (as yet tender) and weake in the earth, may happen to rise and follow with the whole Spunge, which therefore workmanly broken off, ought thus to be fedde and nourished in one proper place, growing still for two yeeres with dung and diligent weeding. In the other yeares following, the Sperage shal not be brokē off by the stalk, but plucked vp by the roote, that the same may so open the eies of his branching, for except the plant be handled on such wise, the stemmes broken off, will not increase the eies of the spunges, but rather grow as blind, so that these will not suffer the Sperage to yeelde or send forth the proper increase. The same shal the Gardner preserue, of which he gathered the seed, & burne after the crops & knobbed ends or ioints of the same herb. After this, about the winter time, shal the owner lay or bestow on the spunges, both ashes & dung, which ẏ learned M. Cato rather willeth to be sheeps dung. There is another maner and way of sowing by spunges onely, which after two yeares ought to be remoued into a sunny & wel dunged place. The like furrows ought to be made well a foot distant one fron the other, and not aboue twelue fingers deep, in which the tender and yong spunges are to be set, that lightly couered with earth, they may easily spring and shoot vp. But in the spring time, before they shal come vp or appeare aboue ẏ ground, the Gardner or owner with a forked iron, cōmonly named a dibbel shal so loose the earth, ẏ the end of it may appeare out, & the root of ẏ hearb loosed from the ground, may by ẏmeanes increase to a more bignes.

The

The ſame M Cato willeth the plant to be raked and diligently weeded about, but ſo handled in the digging about or weeding, that the rootes of the plant be not looſed, or in the weeding by it be otherwiſe feebled in the treading downe.

In the winter time the litle grone of Sperages ſhall be couered ouer with thin and light mattreſſes of ſtraw, leſt it ſhould be bitten and greatly endamaged with the frotts and cold aire, which in the ſpring time ſhall be opened and vncouered againe, and fedde with dung about the roots that the plants may the ſpedier come forward and increaſe, through the comfortable feeding of the dung and moiſture, orderly done.

The worthy Didimus (in his Greeke inſtructions of husbandrie) reporteth, and after him the learned Pliny, that many Sperages do ſpring vp thorow the hornes of wild Rams broken into groſſe pouder, and theſe ſtrewed along in litle furrowes, and after the light couering with earth, often watered, which although it ſeemed not credible to the worthy Dioſcorides, and that he much miſliked the reaſon of the ſame, yet if the Gardener or owner ſhall make a proofe or triall, hee will after confeſſe (I dare affirme) this experiment to bee moſt true.

There be which farre maruellouſer reporte, euen that the whole hornes of Rammes, not broken aſunder, nor cut into ſmall pieces, but onely bored thorow in many places, and then beſtowed in the earth, to bring forth or yelde in ſhort time Sperages, which if the owner would poſſeſſe of them for all the yeare to feede on, when he gathereth the fruit, muſt then in the digging about (as the ſaid Didimus writeth) open thoſe rootes, which ſcatter and ſpread in the toppe of the Tirfe, for the yong plant thus ordered, will ſpedilie ſend forth new tender ſtemmes, and yelde Sperages, which lightly boiled in water and freſh broth, and to the ſame both ſalt and oile or ſweete butter orderly mixed, and a little quantitie of Vineger poured vpon, will after yelde a ſingular delight to the eaters thereof.

But in this place I thinke it neceſſary to be remembred, that the Sperages require a ſmall boiling, for too much or long boiled, they become corrupt or without delight in the eating.

Of which the worthy Emperour Druſus, willing to demonſtrate

the ſpeedie ſucceſſe of a matter, was wont to ſay, the ſame ſhould be ſoner done then the Sperage boiled.

As touching the making of the ſauce or pickle, the tender ſtalkes ſprinkled with ſalt, and wrought vp in round heapes, ought ſo to be let alone to ſweate in the ſhadow, after to be diligently waſhed with the owne liquor, vntil they be ſufficiently abated, and cleared of the moiſture in them, at the leaſt cleanſed from the pickle, and in the laying on of a weight (after ſuch maner) preſſed forth. Then poure into an apt veſſell two parts of Vineger, and one of the pickle, which workemanly thicken with drie Fenell ſeedes, in ſuch maner as the tender ſtalkes and leaues may well be preſſed downe and couered in the ſame, and that the liquor reach vp vnto the top or brimme of the earthen pot.

The Phyſicke commodities and helps of the Sperage.

The fruit and ſeede are vſed in medicine, and indure for a yeare in perfit vertue, the hearbe by nature heateth and moiſteneth, and ſo the ſame reformeth and helpeth the palſie, the kings euill, and ſtrangurie. The Garden Sperage prepared with meat and eaten, doth not onely helpe a hard milt, but ſtopping of the Liuer. The roote of the Sperage boiled in wine, and miniſtred in apt time of the Moone, recouereth the ſhedding of the Gaule, and the ſame is by experience knowne. The meate of the Sperage is reported to be moſt profitable for the ſtomacke, which with Cummine mixed, both remoueth the ſwelling of the bellie, and cholicke.

The meate of the Sperage orderly prepared and eaten, doth not onely procure vrine eaſily to paſſe, but diſſolueth and ſendeth forth the ſmall ſtones in the bladder, through the iuice of a Lemmon added to, which experience will well confirme. There be ſome which miniſter the roote (artly boiled with ſweete or white Wine) for griefes of the womans priuie place. There be which affirme, that the perſon ſhall not be ſtinged with Bees, if hee anoint the naked parts with Sperage and olle bruiſed together. The decoction of the roote not only profiteth the perſons hardly making water, but aſſwageth all maner of griefe and paine of the gummes, teeth, and mouth, by holding the ſame for a time and waſhing the mouth therewith.

The

The worthy Pliny writeth, that the Sperages workemanly boiled, doe maruellously profit and helpe the griefes both of the breſt and chine of the backe. To theſe the Sperage to procure and moue forward the veneriall act, and to loſe gently the belly.

Dioſcorides reporteth, that the Sperages either roſted or ſodden, do mitigate the dropping paine of the vrine, the difficultneſſe of the ſame, and the perilous flix, Dyſenteria. Galen affirmeth, the ſperage to cleare the kidneis and ſtopping of the liuer, eſpecially with the rote and ſeedes.

What skill and obſeruation to be followed in the ſowing, and ordering of the Spinage. Chap. 6.

This plant apteſt for the lent time (for that the ſame is oftner or more common vſed in that ſeaſon) may in any good ground be beſtowed, for it commeth vp very wel in euery place. And the ſeedes are to be committed to the earth in the moneths of September & October, to ſerue for the Lent enſuing, for that it is the firſt pot-hearbe which is found in Gardens about the Lent time. But in the months of December, Januarie, Februarie, & March, for al the Summer following. And this plant very wel indureth the extremity of times & ſeaſons, as the cold, frоſts, & ſnow. And although Spinage commeth wel vp in any ground, yet the earth ought to be diligētly labored before, & the ſame to be ſomwhat moiſt. The plants after the comming vp, which appeare by the vii. day after the ſowing, need no weeding to be done about them, but onely to clip off the tops of tender leaues, wherby they may grow vp the comlier & fairer to the eie. If the gardener would haue the bed of Spinage indure a long time, & to profit, he ought to eat halfe the bed along at one time, & the other halfe at an other time. This pot hearbe (after the tops cut off & throwne away) ought to be ſodden without water, in that the ſame (in the ſeething) yeeldeth much moiſture, for contented with the liquor, it refuſeth any other broth added, ſo that this otherwiſe ſodden, loſeth the kindly and naturall iuice of the ſame, and beſides too haſtily drowned or ouercome with the ſame. This being very tender after the ſeething, ought to be finely chopped with a wodde knife, or otherwiſe ſtamped and turned often in the beating of it, which wrought vp into round heaps & fried in the ſweeteſt oile or butter, muſt ſo be prepared with a quantity of veriuice & pepper bruiſed, that it may the more delight the taſt.

The

The Phyſicke benefits and helps of the Spinedge.

This hearb for the pot, named Spinedge, moiſtneth and coleth (after the mind of the ſkilfull) in the end of the firſt degree. The Spinedge both ſoftneth the belly, and moiſtneth the body, and remoueth the griefe of the breſt and Lungs. This gathereth winde in the body vnleſſe the excrementall humour be ſent forth by purge: but applied in hot caules this greatly profiteth.

And if we may credit the Phyſition Serapion, this more nourifheth then the Arage, loſeth the belly, and leaueth after it a bitter nourifhment, yea cleanſeth, mundifieth, aſſwageth choler, and profiteth both the breſt and Lungs. The hearbe boiled and applied, helpeth the forenefſe and griefe of the throte, proceeding of blood, and the redde choler. The daily eating of this hearbe, doth marueilouſly profite ſuch hauing a horſe voice, and that hardly fetch breath, and much moleſted with the cough, if the hearb after the proper faſhioning and ordering, (as aboue taught) be either fried with ſweete butter, or the oyle of ſweete Almonds, and that to it Verjuice and Pepper bruiſed, be wittily added: for on ſuch wiſe handled, the ſame (daily eaten) do expell humours, where in a contrarry maner, the decoction and hearbe ſimply being daily eaten, doeth (by agreement of the ſkilfull) ingender in condition melancholy, as the daily eating of Lettuce doth, the hearbe prepared (as afore taught) and eaten with the decoction of the ſame drunke, doth not helpe without doubt the grieuous reines, and ache of the backe, but loſeth a coſtiue belly.

What skill and diligence is required in the ſowing and ordering of the Garden Sorrell.

Chap. 7.

The Sorrell of the Garden, although it will well enough come vp in ground not dreſſed, yet the ſeeds euermore beſtowed in laboured earth, not dunged at all in the moneth of Aprill, and to bee much and often watered, vntill they be well come, in that the ſame eſpecially ioyeth being placed neare the water.

And the Gardener minding to poſſeſſe the ſeedes of the Sorrell, ought

ought after certaine leaues come vp, to remoue the plants, in letting them grow vnto the full ripenes of the seeds, which after the throw drying, to be kept vnto the sowing time. The Sorrell come vp, neither well abideth frosts, colde, nor ouermuch moisture: and to haue the bedds of Sorrell continue semely to the eie all the Sommer throw, let the owner or Gardener cut the tops of the Sorrell three or foure times in the yeare.

The like diligence may be imploied in the sowing and ordering of the Garden Pimpernell.

The Physicke commodities and helps of the Sorrell and Pimpernell.

The hearb Sorrell coleth and drieth in the third degrée, and the hearbe eaten remoueth lothsomenesse, and procureth an appetite to meat. The Sorrell sauced with Vineger, and eaten fasting in the morning, is a preseruatiue for the plague. The leaues wrapped in paper, and rosted vnder hot embers, which after the bruising and mixing with a little oyle of Roses, applied on swellings, doeth bring them in short time to mattering.

The seedes of the Sorrell boiled, and drunke either with water or wine, asswageth the dangerous flixe Dysenteria, and the paine of the belly of a continuall flixe, and the abortment of the stomacke.

The rootes of Sorrell boiled with Vineger, or raw imployed and anointed, do heale the Leprie and Ringwormes, and rough nailes, but it behoueth to rubbe ouer the places afore, with salt, Niter, and vineger in the hot Summer. A decoction of the roots cooleth the itch of the body, if with the same the body in a bath be gently rubbed and suppled: the rot besides boiled in wine, asswageth both the griefe or paine of the eares and teeth. Many in remouing of the Kings euill, weare the rote about their necke. The iuice of the Sorrell tempered with oile Oliue, & rubbed on the head, remoueth the grieuous paine of the head proceeding of an vntemperate hotnesse. The roots boiled with wine & drunke or eaten, remoue any sickness comming of heat, as the Iaundise, proceeding of the Liuer or Milt, in the like manner

drunke, and the rootes after the bruiſing applied in plaſter forme to the priuie place, doe ſtay the reds of women long continuing. The ſeedes boiled in wine, doe ſtay all manner of fluxes of the belly, and remoue the ſwelling of the milt. The leaues of Sorrell well bruiſed, and applied on the breſt, doe aſſwage the burning of the Feuer.

The Pimpernell of the Garden, heateth and drieth in the ſecond degree. The herbe is eſpecially applied for poiſon, in that the ſame cleanſeth all the outward filth of the body. The root boiled in wine & drunke, remoueth the euill and venemous blood from the heart, of which the plague is eaſily cauſed to proceed, & eaſeth the headache. If a man be wounded vnto the ſkul, the iuice of this herbe dropped into the wound, and applied vpon, doth in ſhort time recouer & heale the ſame without griefe. This dropped into vlcers & other wounds, cureth them. As for proofe, take a Cocke, and ſtrike him into the ſkul with a knife, but not piercing it, after take the iuice of this herbe, and inſtil two or three drops into the wound, and it wil immediatly bring the ſame vnto a ſcar. The herbe mixed with Rocket ſeed and vineger, and drunke, moueth ſweate, expelleth poiſon and euill humours: boiled with wine and drunke, remoueth the diſeaſe of the hips, & eſpecially helpeth an euill cough, and purgeth the breſt. The herb boiled in wine and receiued, breaketh the ſtone of the kidnies and bladder, and remoueth the ſtrangury. In the ſame maner implaſted, profiteth againſt the gripings of the bowels. But this eſpecially auaileth againſt the ſtopping of the liuer and milt. The Pimpernell, to be briefe, helpeth the ſtone, moueth vrine, aſſwageth the ſtrangury, purgeth the breſt, and expelleth the poiſon of the plague from the heart. The iuice of it boiled, and drunke before the fit of the Ague, putteth away any Feuer. The roote may alſo be candied, as the Ginger, with Suger or Hony, and to preuaile the like againſt the aboueſaid diſeaſes.

The herbe boiled, remoueth a continuall Ague: the iuice of the herbe, a tertian Ague, ſo that the ſame be drunke before the fit.

A worthy experiment againſt the Phyſicke of the Lungs. Take of the Pimpernel brought into very fine pouder two ounces, of new Pimpernell water, and of Suger, as much as ſhall ſuffice, making thereof an Electure, of which take daily two drammes.

The

The commended helps of the diſtilled waters, both of the Sorrell and Pimpernell.

THe Sorrell is to be diſtilled with the whole ſubſtance, in the ſpring time. The water tempered with Treacle, preuaileth againſt the plague. The water drunke, remoueth all manner of inward heates, ceaſeth thirſt, helpeth the Liuer and Milt, by the drinking and imploying of the ſame with linnen clothes wet in it. It remoueth the ſhingles being applied and drunke, it helpeth ſcalding or burning, and putteth away the kings euill. It auaileth in Agues, to coole the burning heat &c.

The rot and hearbe with the whole ſubſtance, ſhred and bruiſed together, ought to be diſtilled in the end of May. The water of the Pimpernel drunk morning and euening, vnto the quantity of three or foure ounces at a time, doth helpe the ſtone of the kidneis & bladder, and purgeth the reines. This helpeth the plague, drunk within ſixe daies once. It profiteth women whoſe matrice is euer cold, and ſendeth downe the reddes. This drunke with a litle quantity of Caſtory in fine pouder, putteth away the ſhaking of the members. This drunke vnto the quantity of foure ounces faſting, preſerueth the perſon that day from any naturall ſickenceſſe, in that it remoueth all maner of griefe from the heart, expelleth euill humours, and procureth vrine. This drunke, like profiteth againſt poiſon, it cauſeth alſo a cleare ſkinne and faire both in face and hands, if the party for a time waſh daily thoſe parts with it.

What skill and diligence is required in the workmanly ſowing and ordering of the Borage and Bugloſſe.
Chap. 8.

THe Borage and Bugloſſe, or Longdebeefe ſerning for the pot, when the leaues are yet tender, and the flowres for Sallets, require to be ſowen in the moneth of Auguſt, and in September, to ſerue the Winter time, and in the moneth of Aprill (the Moone increaſing) for the Summer time, in that the ſeedes (eſpecially of the Bugloſſe) proſper not ſo well to be ſowen at any other

time, for ſo much as it ioyeth to be placed in a warme and Sunnie place, the earth afore diligently laboured and dreſſed. Theſe may the owner or Gardener remoue (after certaine leaues ſprung vp) at any time of the yeare, and to be placed in beds, either alone, or in Borders, round about the new beds of other hearbs. The ſeedes both of the Borage and Bugloſſe, require to be gathered in a maner halfe ripe, to the end they fall not out of their huſke. And the whole hearbe with the ſeedes of either ought to be laid in ſome high place, open to the warme Sunne, that they may ripen the ſpeedier, which ful ripe, rub tenderly betweene the hands the ſeeds forth on a linnen cloth or ſheete, and theſe may you keepe for two yeares.

The Phyſicke benefits and ſingular helps both of the Borage and Bugloſſe, or Longde-beefe.

THe Borage, which otherwiſe of Galen and Dioſcorides, is named the Bugloſſe or Longdebeef, is (by the agreemẽt of the ſkilfull) affirmed to be moiſt and hot in the firſt degree, which the ſelfe ſame Galen witneſſeth, ſaying, that the Bugloſſe is of a moiſt and temperate hotneſſe, for which cauſe ſteeped in wine, it is thought to procure a gladſomeneſſe and ioy to the drinker of it.

The Borage boiled in Wine, and the ſame drunke, procureth good blood in the creature. The iuice of this hearbe mixed Artely with Sugar, and drunke faſting, marueilouſly helpeth the giddineſſe or ſwimming of the head. The Sirupe made of the iuice of Borage, to which a like weight of Suger, and a little quantity of the ponder of the bones of the Hart, theſe after the workemanly boiling, drunke faſting for a time together, marueilouſly recouereth the trembling and beating of the heart. If the iuice with the ſimple Sirupe of Borage & Beene equally mixed, ſhalbe drunke morning and euening doth not onely increaſe memory, but remoue Melancholy. The flowres raw eaten with diſtilled Vineger and Suger, doe not onely procure good blood, but ſtay the trembling of the heart, which like they in Wine, and drunke preuaile. The flowres dried and preſerued for a yeare, do like profit in all the aboueſaid griefes, as the hearbe

hearb doth. The ſirupe of the Borage vſed for a time, preuaileth againſt the kings euill.

The flowres ſteeped for a time in the oile of ſweete Almonds, and after the wringing forth of this tenderly applied to the ſtomack, and region of the heart, doe marueilouſly comfort the weake patient. Strups both of the Borage and Bugloſſe, are applied in Phyſicke, for the onely purpoſe of comforting.

To ſuch hauing weake Lungs and a drie cough, the Bugloſſe ſteeped in Wine and drunke, greatly preuaileth: for the roughnes of the throte and cough, onely apply or drinke (as Galen inſtructeth) the Bugloſſe boiled in Pulſe, or water and hony. The Bugloſſe ſteeped in wine, and tempered with Sekrate, procureth after the drinking gladſomeneſſe to the creature. It purgeth the red choler, proceeding of the ouermuch heate, being often drunke with ſweete wine. This drunke in the like maner, recouereth the Cardiacke paſſion, yea it expelleth the noiſome humour of the Lungs.

The iuice of the Bugloſſe, remoueth the ſwelling of the ſtete, being drunke with warme water.

The wine for a time drunke in which the Bugloſſe ſhall be ſteeped, doth preſerue a good memorie.

The ſame wine of the flowres ſteeped and drunke for a time, not onely comforteth greatly the heart, but engendreth good blod in the creature.

The ſingular helps and phyſicke benefits of the diſtilled waters, both of the Borage and Bugloſſe.

The cõmended time for diſtilling of the Borage, is for the more part, about the end of the moneth of May, when as it beareth

flowre, which wholly with the rot dryed and bruiſed, ought then to be diſtilled in ſuch a like furnace and veſſel, as here before is placed, named of the worthy Phyſitions Balneum Mariæ, for that the ſame more naturally diſtilleth all maner of delectable flowres, and comfortable hearbs, then any other drie fornace by aſhes doth.

The water diſtilled in this fornace, drunke vnto the quantity of two or three ounces at a time, both morning & euening doth marueilouſly remoue and aſſwage both the griping and ſwelling of the bellie, yea this cureth Dyſenteria, and the hardneſſe of fetching breath.

This water drunk faſting, vnto the quantity of two ounces, doth not onely comfort the heart and braine, but rendreth a helpe to memory and wit, yea purgeth the euill blood, and recouereth frenſinelle.

This water eaſeth the griefe and pain cauſed by the ſting and venoming of a ſpider or Bee, by laying linnen clothes wet in it on the place. This with the red Sarcent laid on the eies, doeth not onely aſſwage the pain of them, but procureth a clearenes of ſight, yea the water applied on the eares and necke, doth remoue the ringing and pain of the eares. The water of the Borage flowres drunk, preuaileth after a like maner in all thoſe griefes, as the water of the proper hearbe doth, yet the water of the flowres accounted the worthier, for that the ſame purgeth the blood, expelleth melancholy, and marueilouſly comforteth the heart. This alſo amendeth euery maner of diſtillation of the head, by drinking two ounces euery euening, before the going to bed. This drinke profiteth againſt burning feuers, and the Jaundiſe, and drunk and applied with linnen clothes wet in it, doth ſpedily cole and amend the heate of the Liuer. The Bugloſſe ought rather to be diſtilled in the beginning of June, in the like fornace afore placed, named Balneum Mariæ. This diſtilled water drunke, profiteth all ſuch, which are vexed with the flixe, Dyſenteria, the painfull fetching of breath, and decay of minde: beſides the penſiue and troubled, and thoſe which are weake of braine, if this be drunke morning and euening with Suger, vnto the quantitie of two or three ounces at a time. This drunk preuaileth againſt al hot ſickneſſes, Agues, defaults of the Lungs, the Liuer, and Milt: it

purgeth

purgeth all the blod, and remoueth the prycking about the heart and brest.

The water of the hearbe drunke, amendeth the Iaundise, clenseth the Leprie and scabs, and staieth the stilling of the head. This ceaseth the paine of the head and burning of the eies, applied with linnen clothes on the head or eies; this in like manner handled, remoueth the ringing or sound of the eares. The Buglosse flowres, and hearbe, of each two great handfuls, to which added of Cinamon foure ounces, a little bruised before, these together distilled in Balneo Mariæ, do yeld a most pretious water for the comforting of the hart and braine, if the same in the daily taking be drunke with the confection of Manus Christi, made in tables with pearles.

What skill and secrets to be learned in the sowing, remouing, and setting of the Marigold. Chap. 9.

The Marigold named of the Herbarians Calendula, is so properly learned, for that in euery Calend, and in each moneth this renueth of the owne accord, and is found to beare flowre, as well in Winter as Summer, for which cause, the Italians name the same the flowre of euery moneth: but some learne it the Suns flowre, or the follower of the Sunne, and is of some named the husbandmans Diall, in that the same sheweth to them, both the Morning and Euening tide. Other name it the Sunnes Bride, and Sunnes hearb, in that the flowres of the same follow the Sunne, as from the rising by the South vnto the West, and by a notable turning obeying to the Sunne, in such maner, that what part of heauen he possesseth, they into the same turned beholde, and that in a cloudie and thicke aire like directed, as if they should be reuiued, quickened, and moued with the spirit of him. Such is the loue of it knowen to be toward that royall Starre, being in the night time, for the desire of him, as pensiue and sadde, they be shut or closed together, but at the none time of the day fully spred abroad, as if they with spred armes longed, or diligently attended, to embrace their Bridegrome. This Marigold is a singular kinde of hearbe sowen in Gardens, as well for the pot, as for the decking

of

of Garlands, beautifying of Nosegaies, and to be worne in the bosome.

The seeds of this flowre, are commonly bestowed in a husbandly and well dressed earth, but this rather done by the counsel of the skilfull in the increase of the Mone, wherby the flowres may grow the bigger and broader. But to procure the flowres to grow the doubler, bigger, & broader, the owner ought to remoue the plants often, and to set them in new beds, lying in Sunny places, herein considering at those times of remouing, that the Mone be increasing so nigh as you can.

Besides, some wil, that many seeds be put together into one hole, in the first quarter of the Mone, and to be sundry times watered in the first comming vp of them, vnlesse the moisture of the aire otherwise helpe.

These after certaine leaues spring vp, if they be often remoued and clipped by due course of the Mone, yeld a better, broader, and a fairer flowre, and they yeld alwaies more flowres in the harueſt, then in the spring time.

The Physicke benefits and helps of the Marigold.

The iuce of the hearbe and rot applied vp in glyster forme, recouereth in short time the palsie members. The flowres & leaues dried, keepe vnto vse, for if a woman deliuered of childe, the after burden come not, kindle or burne this hearb and flowres dried with ware, and with the same make a smoke below, for this is a sure and laudable experiment, to bring them downe (the childe afore deliuered) as the learned Brunfelsius reporteth. For the paps of women swelled, through the stopping and stay of the reddes, minister the flowres with Spikenard and Wine, in that the same ceaseth or aswageth, and prouoketh the monthly course.

The flowres of the Marigold boiled and drunke, stayeth the flure of pissing blod.

The iuice of the leaues wringed forth and dropped into the eares, killeth the wormes.

The rinds of the rots dried, brought into pouder, and applied on foule

foule pusshes, doe heale them in short time.

The rinde of the Marigold pierceth and digesteth euil humours, which boiled in Wine and drunke, helpeth the stopping and other griefes of the Liuer.

The flowres of the Marigold steped in vineger and salt, and reserued, retaine their proper vertue for two yeares.

These comfort the stomache and procure an appetite to meat, yea they consume the humours of the stomache, and heat a cold brest.

The said iuice of the flowres mixed with a litle pure vineger warmed, and rubbed well on the teeth and gummes, is a soueraigne remedy for the allwaging of the grieuous paine of the teeth.

The iuice of the flowres drunke vnto the quantity of two ounces at a time in the fit of the plague, shall speedily be holpen, if the patient (after the drinking of the iuice) lying on bed, be wel couered with clothes to sweate thorowly. The conserue of the flowres is a preparatiue against the plague: if seuen graines weight of the iuice of the flowres be drunke with three ounces of white wine, and repeated sundrie mornings, it helpeth the quartaine.

The pouder of the rinds of the rots of the Marigold, mixed with the iuice of Fenell, Wine, and a little Oile, and boiled vnto a thicknesse, to which a litle ware added for the after making of it an ointment, and so applied on the milt or cold stomacke, doth greatly profit.

The commended helps of the distilled water.

The worthie Hyeronimus a most expert Herbarian reporteth, that the distilled water of the Marigold flowres, drawn in Balneo Mariæ, do recouer al defaults of the eyes, whether these proceed of heat, or through cold caused, and to procure cleare eies, besides the putting away of all griefes of the head.

What skill, industrie, and secrets is to be learned in the sowing and ordering of the Parcely.

Chap. 10.

The Parcely in the bestowing in the earth, requireth small labour and diligence, and loueth a stony and sandie Earth, so

that the same needeth small fatning, whereby it may well agree to be sowen in shadowie places, neare to the hedge or harbour in the Garden, and this especially requireth much watering, for the speedier shooting vp. The olde seedes, if we may credite Theophrastus, do sooner come vp, yea and the elder seedes are better for the turne: the plantes shotte vp, doe endure a long time without sowing any more, in such condition, that the owner or Gardener shall not needs to sow or set of the plants againe for fiue yeares after. The Parcely when it hath growne a yeare, it sendeth vp or beareth stalkes and seedes, and a yellowish flower. The new seedes of the Parcely committed to the earth, do moste slowly come vp in beddes, in that these not before the fortith, yea fiftith and sixtith day after the sowing, doe for the more part appeare, as the learned Plinie reporteth; yet this ease and commodity ensueth, that once sown and come vp (as aboue vttered) it yearly increaseth of the owne accord, without renuing for many yeares. The seede, as the worthy Neapolitane Rutilius witnesseth, ioy in any earth, and as well in the colde as warme places, sauing the seedes in the first comming vp require much moisture, through which watering they come so speedily strong, that after no aire nor ground hindereth them. Both the seedes and plants (as Columella instructeth) may prosperously be bestowed to increase the speedier, neare to springs and litle running waters. If the owner or Gardener would haue the leaues grow very broad, then let him attend to the words of the worthy Greeke Florentius, who willeth to take vp of Parcely seedes at one time, as much as can handsomly be holden betweene three of the fingers, and these after the tying vp in a thin or well worne linnen cloth, to bee set into a shallow hole with dung handsomely mired in the earth, which on such wise handled, will after come vp & grow with so large a leafe, for the increase of all the seeds will then be ioyned, and shot vp together in one blade, as the worthy Rutilius hath noted, and before him the singular Columella But the Parcely shal grow biggest, (as the worthy Florentius reporteth) if the owner by digging about the rootes, bestow chaffe about them, and after the couering with light earth, do water them wel and often. The Parcely may the Gardener cause to grow crisped in leafe, if he thrust and bestow the seedes a little before the sowing in a ball stuffed with them, which broken somewhat with a staffe,

ſtaffe, and as they were ſpoiled, commit them (as Columella wil-leth) to the earth.

Or the Gardner otherwiſe with leſſer paine may procure them to growe criſped in what maner ſoeuer they be ſowen, if he turne on the bed and plants a round ſtone, or big roller, as ſone as the plants be ſomewhat growen vp aboue the earth: and the like may the owner doe with the plants come vp, if he tread them often downe.

The beſt commended time for the committing of ſeedes to the earth, is from the midſt of May, vnto the Summer ſolſtice in June, in beds thick together and to be often watered, for that theſe ſpædier increaſe and come forward, through the heat in the ſame ſeaſon. If the owner or Gardener would haue the ſeedes ſoner breake and ſhoote vp, let him infuſe the ſeeds for a certain time in vineger, which beſtowing in a well laboured earth, fill halfe the beds with aſhes of the Beane coddes. After the ſeedes are thus ſowen, water them often and lightly with a ſmall quantity of the beſt Aqua vitæ, and ſone after the ſprinckling and moiſtning of the beds, couer the beds ouer with ſome piece of woollen cloth, to the end the proper heat miniſtred breath not away, for by that meanes the plants within one houre wil begin to appeare, ſo that the owner muſt then take off the cloth, & ſprinckle or moiſten the plants appeared oftentimes, whereby they may the ſoner ſhoote vp in a high ſtem or blade, to the wonder of the beholders. To Florentius, do Iunius, Columella, Pliny, and Rutilius agree, that there are two kinds of the Parcely, as the male and female, the male (as they deſcribe it) hath blacker leaues, & ſhorter roote: but the female poſſeſſeth criſpeder leaues, and hard, a big ſtem, in taſt ſowre & hot: but neither of theſe two doth Dionyſius and Chriſippus ỳ phyſitiõ, allow to be eatẽ with meat, as Pliny writeth: Although the ſame much vſed in Plinies time, as at this day, both in broths & ſauces, for a better delight & appetite. They report ỳ by the often eating of the female blades, wormes engender in the body, and ỳ the female eatẽ, doth procure the woman baren, as ỳ male ỳ man. And further, ỳ parſly eaten of a womã with child, doth cauſe ỳ births to haue the falling ſickneſs, yet they affirm the male to harm leſſe, ſo ỳ for the ſame it was not altogether miſliked nor cõdemned of ỳ anciẽt, among the wicked fruits. Therefore it is not to be marueiled at, if ỳ late phyſitiõs do aduiſe & warn perſons, hauing ỳ falling ſickneſs,

and women with child, not to eate the Parcely: to these, the Grecks forbad Nourses, and women with child the eating of Parcely with meat, although an other occasion may also ensue of the same, that it may hinder womens milke springs, and extinguish the comming of milk, besides that, this procureth the eaters of it vnto ẏ venerial act.

Certaine report, that the sicke fishes in ponds, are mightily recouered and made lustie through the Parcely laid in them.

There is nothing that doth like sweeten the mouth, as the fresh & græn Parcely eaten, so that the herb often eaten of them which haue an vnsauery and stinking breath, and sendeth forth an odious smell to be abhorred, doth in short time marueilously recouer and amend the same: A matter very commendable and necessary, both for maidens & widows to deceiue their wooers, by the chewing and bearing about of the græne and fresh blades, wherby they may so remoue for the present, the strong smel of the breath, yawning or otherwise issuing forth, and by the customable eating, send forth a sweeter breath.

Sundry in times past, preserued the blades of Parcely in a pickle vnto vse, which receiued or conteined two parts of Vineger, and a third part of Wine.

The Physicke benefits and helps of the Parcely.

THe garden Parcely is hot in the beginning of the third degrée, & drie in the second, or it heateth & drieth by nature in the second and third degrée. The iuice of Parcely, Turpentine, Wheaten meale, and the oyle of Roses artly mixed and boiled together with a litle quantity of Sarcocolla, of which by art, an abstersiue or cleanser made, doth most perfitly clense and incarnate the vlcers of Carbuncles, and other impostums. The parcely boiled with leaues of Colewort and Pellitot, of which a plaster made with Otemeale, oile of Camamile, Dill, and oile of Roses, and applied, doeth marueilously resolue the impostumes of the pappes, caused through the rankling of milke staied backe, part by drying vp the milke, and part by purging the same.

The Parcely eaten either raw or sodden, doth amend the stopping of the Liuer, prouoke Vrine, staieth lowsenesse of the belly, and hath a property in strengthning of lose parts.

The Parcely also hath the nature of piercing, for which cause it moueth

moueth vrine, and very much preuaileth againſt the ſtone, as well the ſeede as rote.

The Greek Florentius writeth in his husbandry, that the Parcly with crums of bread, applied in the ſtead of plaſter, doeth heale the ſhingles, but the decoction of the ſame drunke, to breake the ſtone, and the like to performe by applying outwardly.

Vnto theſe, for ſuch hardly making water, and diſeaſed in the kidnies to helpe aſwell by the leafe as by the rote.

The blacke ſpots to reſtore to the proper colour, if the decoction of the ſeedes be applied vpon, and to ſoften the hardnes of the paps, by applying the leaues bruiſed on them.

Plinie writeth, that the bruiſed ſeedes anointed with the white of an egge, or the ſeede boiled in water and drunke, to amend and helpe the kidneis, and bruiſed in colde water, to profit and remoue the vlcers of the mouth, this alſo with olde Wine miniſtred, to breake the ſtone in the bladder, which like doeth the rote performe.

This profiteth giuen for the Iaundiſe in white Wine, and to ſuch women whoſe monethly courſes doe not onely procéede, or be ſtaied.

This is worthy to be noted, that the raw Parcely yeldeth ſwéeter waters in the drinking, as the worthy Plinie hath noted, and to the mouth (as Galen writeth) the ſame pleaſant and very delectable to the ſtomacke.

The ſeede taken in meate, doth expel winde in the body, the ſame bruiſed and applied on a foule ſcabbe, doth very well cenſe, and procureth a faire ſkinne.

The ſeeds eaten, doth remoue the ſwelling of the ſtomacke, and profiteth the dropſie men, in that the ſeedes are drie and pierce euill humours, and conſume them.

The Parcely profiteth thoſe perſons which haue gotten the Leprie of Flegmaticke humours. It cenſeth the Liuer, and remoueth the paines of the Loines and bladder.

A ſauce prepared of the Parcely, with Sorrell and Vineger mixed together and eaten, preuaileth againſt the burning of a Feuer.

If after the drying of the Parcely rootes, and beaten finely to

pouder the ſame, be mixed and drunke with the pureſt wine, doeth not onely procure a ſound braine, and perfite memorie, but purgeth the blood.

The ſeedes (after the agreement of the beſt writers) are principall in the cauſes of phyſicke, the rootes next to them, and the leaues as third in working.

The roots, hearbe, and ſeedes of the Parcely, applied in meat and drinke, doe procure vrine, remoue the ſtone of the Loines, drawe downe the reds, diſſolue winde in the body, take away the griping of the belly, aſſwage the ſtrangurie, paine of the backe, griefe of the kidneis and bladder, and ſwelling of the ſtomacke.

The perſon bitten of a mad dogge, by boyling and drinking the decoction of Parcely, and applying a plaſter made of the ſeedes and hearbe ſhall be ſpeedily holpen.

The phyſicke heps of the diſtilled water of Parcely.

The commended time of the diſtilling of Parcely, is in the beginning of September, and that the freſh roots and hearbe, with the whole ſubſtance be diſtilled together in Balneo Mariæ.

The water of the Parcely drunke vnto the quantity of three or foure ounces at a time, morning and euening, for thirtie or fortie daies together, profiteth againſt the ſtone of the kidnies and loines, purgeth the kidnies and bladder, and greatly moueth forward the vrine.

The water drunke in the ſame maner, helpeth digeſtion, procureth an appetite to meate, purgeth the liuer, eaſeth the ſtrangurie, and wherſoeuer this water is anointed on the head and body, hairs doe ſoone after ſhed.

What

What skil and diligence required, in the sowing and ordering both of the Garden and wilde running Tyme.

Chap. 11.

The garden Tyme, although it seme better to agrée, to be placed nie to Bee hiues (for the commodity of hony) then in gardens, yet our purpose is heere somewhat to write of the same, in that this is so carefully bestowed in Gardens, as well for the commoditie of meates, as for the decking of Garlands. There are found to be two kinds of it, the one white with a woodie or hard rote, growing on little hils, which is accounted the worthiest.

The other as well in kinde as flowre blacke, which Ætius (in meats) disallowoth, for the same inwardly receiued, lightly putrifieth, and increaseth cholericke humours.

The Tyme of the garden growing bushie and full of slips, is séene to shote vp two handfuls high, being most swéete and delectable of sauour, and decked with a number of small leaues, bearing also purple flowres, tending to a whitenes, and the tops after the forme of Ants bending in body. The garden Tyme better commeth forward, being bestowed in a leane and stony ground: for which cause it neither desireth a fat nor dunged earth, but loyeth to be placed in a sunnie and open place. This well enough prospereth, being bestowed in beds, either in séede or plant, but this spœdier commeth forward being only set, yea this increaseth, being set again with ẏ flowres bearing, as the singular Theophrastus witnesseth. The owners of hiues haue a perfit foresight and knowledge, what the increase or yelde of hony will be euery yeare, by the plentifull or small number of flowres growing and appearing on the time about the summer solstice: for this increaseth and yeldeth most friendly flowres for the Bées, which render a colour and sauour to the hony.

The said Theophrastus writeth, that the flowre of Tyme spread abroad, is destroied and dieth, if a bigge shoure of raine happen to fall.

The worthy Neapolitane Rutilius in his husbandry instructeth, that the whole plant is to be rather set then sowen, about the middle of Aprill in a well laboured earth lying open to the Sunne, and that the same may prosper and come the spœdier forward.

The

He willeth the owner to water the plants of Tyme, or to moisten them all a day with water finely sprinkled on the beds, in that the tyme so fast drinketh in. If the owner or gardner would possesse the seedes, he must diligently gather the flowres, (in which the seeds are contained) and not labour to separate the one from the other.

The running Tyme loyeth to be set or sowen neare to springs of water, as by a Well or Pond, for on such wise bestowed in the earth, the same yeldeth the fairer leaues: this neither requireth a fat nor dunged earth, but onely to be bestowed in a sunnie place, and loyeth in the often remouing. The running Tyme doth many times proceede or come of the Basill, rudely or without care bestowed in the earth.

The Physicke helps of the Garden and running Tyme.

THe Garden Tyme heateth and dryeth in the third degree.

The Tyme after the well drying, brought to fine pouder, and giuen vnto the quantity of foure drams at a time, with a draught of Oximel (or vineger and hony boiled together) not only remoueth the ioynt sickneſſe and ach of parts, but purgeth the Choler, and all other humours. The like quantity giuen, helpeth the passions of the bladder.

The fine pouder of Tyme, ministred vnto the quantity of one dramme at a time, with a spoonefull of water and honie well mixed together, preuaileth in short time against the swelling of the belly.

The pouder taken vnto the quantitie of three drammes at a time, with a draught of Mellicrate, remoueth the griefe of the hips, asswageth the paine of the loines and sides, amendeth the breſt, and the inflammations of Hypochondria or the flanckes.

The pouder giuen vnto the quaintity of three drammes at a time, with a draught of Oximel fasting, doth marueilously helpe the Melancholike, the troubled in minde, and fearefull.

The pouder ministred vnto the quantity of three drammes at a time, with the best white wine both morning and euening, doeth marueilously cure the bleareduesse of the eies, and the vehement paine of them.

This

This pouder in like quantity vſed with good wine, aſſwageth the griefe of the cold Gout and the deadneſſe of mouing, and helpeth the ſtifneſſe of limmes, drunke morning and euening.

The pouder drunke morning and euening, vnto the quantitie of three drammes at a time, with a draught of Oximel, doeth in ſhort time aſſwage the ſwelling of the Teſticles. Theſe hitherto Aëtius.

The pouder drunk with white wine, morning and euening, vnto the quantity of halfe an ounce at a time, not only moueth vrine, and purgeth the bowels, but ſendeth down the after burden, and termes in women.

The forme of a Sirupe made of the Tyme with pure Hony, artly boiled, and drunk faſting, doth in ſhort time amend the hard fetching of breath, and remoueth all other griefes of the breſt, through the ſpilling forth of the corrupt matter.

The pouder is thought to helpe greatly the clearenes of ſight, being ſundry times taken with meat: but the Tyme ought moderatly to be vſed, in that (through the often eating) it mightily heateth.

The Tyme giuen in ſuch hauing the falling ſickneſs, greatly auaileth, in that through the ſmelling to it (in the time of the fit) they are much reuiued, but ſuch ought to ſleepe for a while on the ſoft bedde of Tyme.

The leaues finely beaten and ſtrewed on woll, and with oyle applied on loſe partes of the body, mightily preuaileth, and on burnt or ſcalded places, to great purpoſe anointed with Barrows greaſe.

Here conceiue, that the Tyme which is blacke (as afore vttered) is altogether to be refuſed, and onely to vſe the ſame bearing a purple flowre, and tending to a whitenes, is beſt commended for al purpoſes.

The running Tyme ſowen in Gardens, is by nature hotte and dry, and this ſo much heateth, that it both moueth vrine and the reds, yet the ſame is ſower in taſte, as the worthie Phyſition Galen witneſſeth.

If any drink the fine pouder of the running Tyme with pleaſant wine, morning and euening for a certaine time together, doth breake the ſtone of the kidneis and bladder. The hearb laid on the ſting of a

Bee ſpædily helpeth it.

The herb boiled in pleaſant wine and drunke, healeth the bite of an Adder or Snake: the ſmoke of the ſame, driueth away venemous wormes. This herb boiled with vineger and hony, and drunk vnto the quantity of a draught at a time, profiteth the ſpitting of blood: the iuice of the herbe drunke, perfecteth the ſame, being mixed with Vineger, and drunke vnto the quantitie of foure ounces at a time.

The herb ſtaieth the Rheume and ſtillings of the head, comming of a cold cauſe, it likewiſe amendeth the cough and cold ſtomacke, if the ſame be taken morning and euening with good white wine.

The herb ſtæped in Roſe vineger, and bruiſed being with the oile of Roſes diligently fried and anointed, doeth ſpædily remoue the headache. The ſame ointment applied on the head, amendeth Frenſinelle and the Letharge or often ſlumbering.

The herbe boiled in wine and drunke, openeth the ſtoppings of the Liuer and Milt, and moueth vrine: this drunke in wine, ſendeth downe the termes, and cauſeth vrine, and recouereth the bite of venemous beaſts. The ſame boiled in wine and oyle, aſſwageth the ſwelling in the throte, if the throte be daily applied with it.

The herbe boiled in wine, with the iuice of Licoras, recouereth the cough, and purgeth the breaſt: the iuice of the ſame drunke with vineger, vnto the quantitie of two drammes at a time, ſtaieth the bloody vomitings.

The herbe boiled with Annis ſædes in wine, not onely heateth the ſtomack, but remoueth wind in the bowels, and eaſeth the ſtrangurie. The ſæde in wine, doeth greatly moue vrine, and expelleth mightily the ſtone.

The

The worthy helps of the diſtilled water of the running Tyme.

The hearbe, ſtalke, and rote, with the whole ſubſtance thredde, ought to be diſtilled in Balneo Mariæ, about the end of the moneth of June.

The water of the running Tyme drunk morning & euening, vnto the quantity of three ounces at a time, doeth not onely ſtrengthen and amend the head, brain, and ſtomack, but procureth an appetite to meate, remoueth the noiſe or rumbling of the belly, ſoftneneth the hardneſſe of the ſtomacke, and moueth forward the vrine.

In the like maner it drunke, not onely comforteth the ſight, and conſumeth humours, and the diſtillations of the head, but mixed with the water of wormewood and drunke, helpeth a Quotidian Ague. The ſame drunke to the quantity of three ounces at a time, amendeth a cold liuer & milt, and recouereth or healeth the bowels exulcerated.

This in like order drunke, openeth the ſtopping of the Noſtrils and eares, reſtoreth hearing, helpeth giddineſſe, ſtayeth the deſire to vomit, and expelleth the griping of the bellie and bowels.

This drunke ſundry times, both morning and euening breaketh the ſtone, and moueth vrine. This water applied with a linnen cloth on bruiſed members, doth in ſhort time cure them.

What skill and diligence is required in the ſowing and ordering, both the Mints and Holihoke. Chap. 12.

The Garden Mint deſireth to be beſtowed, neither in a dunged nor fat earth, but rather in an open and Sunnie place: yet this beſt ioyeth in a moiſt place, or by ſome well. And where the like is not, the Mint in that ground ought to be often watered in the firſt beſtowing in the earth, or this otherwiſe in ſhort time withereth and dieth.

The Mynte ought to be ſet in the rote or whole ſtemme, in Harueſt, or in the ſpring time. The owner or Gardener lacking or not hauing the Mynte ſeedes to ſow, may in ſtede of them, vſe or beſtow in his ground, the ſeedes of the field or wild Myntes, in ſetting the ſharper ends of the ſeedes downeward, thereby to tame and put away the wildnes of them. This plant wel growen vp, needeth not after to be renued or ſowen euery yeare, in that once ſowen or planted, it after commeth vp yearely of the own accord, and for the delectable ſauor which it enioyeth, much deſired and vſed both in brothes and Sallets.

But this plant after comming vp, may in no caſe bee touched with any iron inſtrument, in that the ſame ſone after dieth. This plant flouriſhing in the Summer, becommeth yellowiſh in the winter time.

The Holihocke or greater Mallowes of the Garden, as Ruellius out of the learned Theophraſtus affirmeth, doth often ſhote vp into the forme of a tree, and wareth ſo great, that the ſtemmes or bodie of it may ſerue to the vſe of a ſtaffe, which ſendeth forth big ſtalks and leaues both large and round.

The flowre of this plant for the proper time flouriſhing, is named the winter Roſe, in that this plant yeldeth flowres like to the Roſe, from the beginning of Haruеſt vnto the winter time, which flowres both of the red and white, leſſer then the fading or vaniſhing Roſe, longer endure and enioy force.

This Roſe of the ancient Grecians was named Moloke, in that the leaues (Columella reporteth) turne about with the Sun, which at none time of the day are fully opened. The ancient Romanes did alſo name it the ſown or garden Mallows. The common people in time paſt greatly pleaſed with ỳ beauty of the ſame, named it the beyond ſea Roſe. For in comlines, neither of them giueth place to the Roſe, which if the ſame ioyned a ſauour, it were not inferiour to the Roſe, ſeeing in colour they be equal in bearing of the red carnation and white, ſo that in ſauour the Roſe onely excelleth.

This for the worthy comlineſſe and beautie, to bee ſet in windowes, is at this day diligently ſowen and ſet in Gardens.

The worthy Ruellius (in his treatiſe of the garden) inſtructeth, that the

the ſæde to be committed to the earth, ought rather to be beſtowed about the middle of Aprill, in a well dunged and fat ground, and to be often watered, vntill the plants be well ſprung vp.

The skilfull Columella in his husbandry vttereth, that this rather ioyeth to be beſtowed in a fat earth, well turned in with dung, and that moiſt dung be laid about the rotes of the yong Plants, in the ſetting againe, which the ſaid Author willeth to remoue, after foure leaues are well ſhot vp aboue the earth.

This learned Columella writing of the Holyhoke, reporteth that the flowre (as the Marigold) openeth at the riſing of the Sunne, ful ſpred at the Noone time, and cloſeth againe at the going downe of the Sunne.

The Phyſick benefits and helps both of the Mint, and Garden Mallowes or Holyhoke.

THe Garden Mint is reported to be hot and dry in the ſecond degree, and this in medicine oftner vſed drie then greene.

The worthy Florentius a ſingular profeſſor of the Greeke inſtuction of Husbandry, writeth, that the Mint, for the ſame might well be accounted an vnprofitable hearbe, ſeeing the hearbe applied on a wound, defendeth the ſame from waxing whole, and to come to a ſcarre.

If the Mint bee put into milke, it neither ſuffereth the ſame to curd, nor to become thicke, inſomuch that laid into curded milke, this would bring the ſame thinne againe, ſo that by the ſame vertue and property, he ſaith to reſiſt and abate the generation, as well in man as woman: but others in a contrary mind defending the hearb, accounted it very holeſome and beneficiall to man.

If the hearbe boiled in wine and oile, be applied on the paps of the new milch woman, it doth not after ſuffer the milke to curd, or to be thicke, and the milke curded, to become thin againe, whereby it amendeth the hard and ranckled brests, in danger to breake through ꝑ milke curded. For which cauſe this hearbe is wittily added in the portions of milke, that in the curding of the milke within the ſtomacke, no peril of ſtrangling through the benefit of this hearb might enſue.

The iuice or water of the hearbe, drunke with the iuice of the Pomegranat, stayeth the resting or belching of the stomack, and vomiting, as the worthy Democritus in his husbandry hath noted.

The Mint brought to fine pouder, and ministred in milke, profiteth against long wormes in the bodie.

If the swollen priuities be often soupled with the decoction of the same, it doth in short time remoue the swelling of them.

This drunke in water with Amilum, asswageth the force of the painefull flure of the belly, and scouring with blod: besides, it staieth the ouer great course and shew of the reddes in women, and the same healeth vlcers on the infants heads.

The sauour of this quickeneth the spirits and mind, and the taste worketh an appetite, and earnest desire to meate.

The iuice of the fresh hearbe drawne vp, amendeth the default in the Nostrils, which also in the paine in the head, and beating of the temples, is profitably anointed.

The iuice of the hearbe applied with vineger, retaineth and staieth the inward courses of flures of blod.

The Mint after the bruising with the oyle of Roses, applied in plaster forme on hard pappes, which be swollen through the milke, doth not only soften, but defendeth them from mattering.

The hearbe eaten with vineger, loseth the belly, but daily eaten for a time together, doeth marueilously procure a seemely colour to that creature, and this hearbe at any time vsed, is very profitable and holesome.

The iuice drunke with vineger, profiteth the spitting forth of blod, the same anointed on the forehead, doeth asswage the griefes of the head: the iuice with hony and water applied, remoueth the paine and noise of ringing of the eares. The iuice tempered with hony and anointed on the eies, remoueth the moistnesse and dimnesse of sight.

The Mint after the boiling in wine receiued, amendeth a stinking or strong sauour of the mouth: the mouth after the adding of vineger to it washed diligently, not onely helpeth the teeth, but purgeth the mattered gums: If the teeth in like manner be washed fasting with decoction of Mints, it letteth the mattering of the gums. The decoction in wine, with a litle vineger added, remoueth through the sun-

drie

dry time taking) the blistring of the tongue proceeding of heate. The hearbe also tempered with vineger, and anointed neare and about the eies, doth in short time remoue the spots in them.

The Mint in cold sicknesses, yeeldeth a mighty comforting, reioyceth the mind, and stayeth the wil to vomit. The iuice after the mixing with vineger and brimstone, anointed with a feather on the Shingles doth with expedition cease the paine.

The hearb boiled in wine, asswageth the paine of the bowels and kidneis, and boiled in Wine with Oile, being applied in plaster forme, doth both dissolue and cure impostumes.

The Physicke benefits of the Holyhoke, do here ensue.

THe Mallows of the garden or holyhoke, is the like moist by nature, as the other kindes of Mallowes, and serueth as well to outward as inward griefes.

The hearbe, rote, or seedes boiled either in milke or wine, and orderly drunke, do remoue a hot cough, recouer the Lungs blistered, and is a singular remedy against the consumption of the Lunges.

The holyhoke boiled either in water or wine, and tempered with hony and Alum, if the same decoction be gargelled and holden for a time in the mouth, doth speedily cure the blisters and putrified sores of the mouth and throte.

The leaues of the holyhoke, after the boiling with meate, eaten with sallet oile and a little salt, loseth the belly and amendeth the hoarsenesse of voice: the rot and hearbe boiled vnto the consumption in a maner of the water, will leaue a clammines aboue, which applied on any impostume, ripeneth and softneth the hardnes of the same.

The commended helps of the distilled water of the Holyhoke.

THe distilled water of the Holyhoke Roses (in Balneo Mariæ) gargelled or applied without with linnen clothes, is greatly commended for the breakings out of the mouth, and profiteth as wel against the outward as inward heats: besides, cureth the shingles and vlcers of the throte, and all other swellings.

¶ The said water often drunke, is a precious water vnto al inward heats of Feuers, in ỳ the same coleth & softneth al impostumes of the Lunges.

Lungs and ſides. It healeth and mitigateth the perilous fire Dyſenteria, the hot ſwellings of womens places, the kidneis and bladder.

This aſſwageth the paine of the bladder, expelleth the ſtone, purgeth the kidneis and bladder, being dronke for a time morning and euening.

The water applied on the temples in a hot Feuer, procureth ſléepe if the féete of the patient in a hot Feuer be bathed with it procureth reſt, and ceaſeth thirſt.

The commended benefits of the diſtilled water of Mints.

THe heard with the ſtalks finely chred, ought diligently be diſtilled in Balneo Mariæ about the middle of May.

The water dronke morning and euening, vnto the quantity of thrée ounces at a time, ſtrengtheneth the ſtomacke, and digeſteth the meat receiued. The water dronke in the ſame manner, profiteth againſt the ſtopping of the Liuer and Milt. It openeth alſo the waies of vrine, as the kidneis and bladder.

The water in like maner dronke, procureth an appetite to meat, ſtayeth belching and vomiting, the like doth this applied without on the ſtomacke. The mouth often waſhed with the ſame, recouereth a ſtinking breath, and putred gummes.

The water dronke, ſtayeth ſounding and giddineſſe of the head. If any taking a ſlice of Barley bread, and ſteéping it in this water, temperd with wine or vineger, ſhal apply the ſame warme to the noſtrils, the ſauor incontinent yéeldeth a marueilous refreſhing and ſtrengthning of the féeble perſon.

The water in like quantite dronke, purgeth the Matrice, and a linnen cloth wet in it warm, and applied to the priuy place, like preuaileth. The water applied on hard pappes, diſſolueth the Milke curded in them, the ſame for a time dronke, healeth the ruptures within, both of olde and yong perſons. The water after the miring with Rue and the Coliander, gargelled in the mouth, reſtoreth the Vuula fallen. If of the hearbe ſteéped in Lie, be waſhed on the ſcabs of children, it helpeth them ſpéedily.

This

This drunke, profiteth againſt wormes, drunk with Wine comforteth and heateth a cold ſtomacke.

What care and skill is required in the ſowing and workemanly ordering of the Artochoke. Chap. 13.

The Herbarians write the Artochoke to be a kind of Thiſtle, of them named, the Thiſtle of the Garden.

The Artochoke which before grew wilde in the fieldes, came by diligence (for the benefit of ſale) to be carefully beſtowed in the Garden, where through trauell, brought from his wildeneſſe, to ſerue vnto the vſe of the mouth and belly. The Artochoke growing with thicke ſcaly eares, in forme to the pine apple, and ſufficiently knowen to moſt perſons, ioyeth in a looſe and dunged earth, yet the ſame better commeth forward, being beſtowed in a fatte ground, and by that meanes defended from Moles, as the worthie Rutilius reporteth, but ſowne in a faſt earth after their growth, be not ſo lightly digged vp of an enemy. The ſaid Rutilius willeth the ſædes of the Artochoke, to bee commited to the Earth in the moneth of March, the Mone then encreaſing of light, and that in beddes well dunged, and workmanly prepared, which beſtow in the earth halfe a foote aſunder, yet theſe not deepe put, and in ſuch maner deale with the ſædes, that taking ſo many vp, as you may handſomely with three fingers thruſt or ſet thoſe vnto the middle ioynts in the earth, couering them lightly with looſe Earth, which if hot weater happen to enſue, the Gardener with diligence muſt water the plants for a time, for the plants on ſuch wiſe handled, will yelde a tenderer fruite and fuller head, as the worthy Varro reporteth, yet may not the owner hope or looke for fruites or heads, to come to their full growth and perfitneſſe for the eating in the firſt yeare. If the Gardener would beſtow ſædes to profit, hee ought to make little furrowes on the bedde, well a foote diſtant one from the other, beeing in bredth and deepeneſſe of halfe a foote, which after fill with olde dung finely broken, and blacke earth in like manner ſmall, in which ſo handled, beſtow the ſædes to the depth of the middle ioynts, and after couer them lightly with fine Earth, not preſſing or treading it downe. And as ſoone as the plants

haue yelded forth leaues ſufficient great, the owner ought to water them often, and to continue the like watering in a ground very drie, vntill the hearbs yeld or ſend forth heads both tender and ſufficient big, when the plants ſhall be well growne vp, the Gardener muſt cleanſe and purge daily the beds of weeds, and dung al about the roots of the plants (if hee will credit Columella) ſtore of aſhes, for this kind of dung the ſaid Author reporteth to be moſt apt and agreeable to that pot-hearbe, of which by the kinde of the dung, this hearbe taketh the Latine name.

The owner or Gardener muſt haue a ſpeciall care, that he beſtow not the ſeedes in the earth with the contrary ends downeward, for theſe will bring forth Artochokes crooked, weake and very ſmall, if we may credit the Neapolitane Rutilius. If the owner would haue the hearb yeld heads or Artochokes without prickles, he muſt (after the inſtructions of the Greeke writers of husbandry) either breake the ſharpe ends of the ſeedes, or make blunt the prickes (before the beſtowing in the earth) on ſome ſtone rubbed: which alſo many affirme to come to paſſe, if the Gardener paring off the rind of the Lettuce roote, & ſhreading or cutting ỳ ſame into many ſmal pieces, doeth after the beſtowing of the ſeedes into each piece, diligently ſet theſe a foote diſtance aſunder, will after yeld heads the like.

The Gardener ſhall poſſeſſe Artochokes of pleaſant ſauour, if he lay the ſeedes to ſteepe for three daies before the ſowing, in the iuice of the Roſe, or Lilly, or oile of Baies, made with the ſweet Almonds, or in any other pleaſant iuice or liquor, which after ỳ drying in the aire from the Sun beames, he cõmitteth them to ỳ earth, for on ſuch wiſe handled, the fruits yeld the ſame ſauour as the liquor in which the ſeeds were ſoked and receiued. For by a like example, the heads ſhal ſauour of the Bay, if the owner ſteepe them with the leaues of the Bay tree, or he otherwiſe making holes beſtow the ſeedes within the Bayberries, before the committing to the earth: and a like practiſe may be exerciſe in all ſeedes that be great.

The fruits of the hearb named the Artochoke, wil become ſweet & delectable in ỳ eating if ỳ owner (before the committing of the ſeeds to the earth) do ſteepe them two or three daies, either in new milke, hony, ſugred water, or wine aromatized, & after the drying in ỳ aire, doth then beſtow them in beds a fot diſtance one from the other: the

Artochokes

Artochokes be set in harueſt, which is about the moneth of October, that theſe may yéld plenty of fruits or heads, ought to be thoſe bearing big leaues and ſtalks, with big ſtems growne or ſhot vp in the middeſt: which big leaues after ſerue to none other purpoſe, but to be broken from the bodies, and the plants to be beſtowed againe in beds, with ſtems in like maner cut off and caſt away, as ſerning to no vſe, well turned in with dung: theſe ſet in ſuch maner, that ỳ tenderer leaues grow vpright, and the ſtemmed in the midle being low broken off, to be diligently couered with light earth. And herein the Gardener muſt haue a care to the watering of them, at times néedfull, if the ſeaſons ſufficiently moiſt not, either in the winter, or in any other time of the yeare, to ſet forward or procure ſpédily the Artochokes to come: and ſet againe the tender plants in well dunged beds, couering them well about with Aſhes and black earth, the better to beare and ſuffer the cold winter time, which in the yeare following will yéld new fruits.

Many ſkilfull Authors write, that if the leaues of ỳ Artochoke be well couered in the ground, about the beginning of winter, they wil after become not onely white, but pleaſanter in the eating, whereby to ſerue among the winter meates.

Here I thinke it profitable to the owner to know, that ỳ big leaues or branches ought yearely to be broken off, from the old ſtemmes or bodies, leſt the elder in their yéld might be hindred, and the yonger plants in farther diſtances ſet, that theſe may proſper and ſend forth their fruits the better, for ſuch is the fruitfull and plentifull yélde of this plant, that ỳ branches or great leaues broken off from the tender ſtems, and ſet againe in the earth, wil after cleaue & ioyne together, as certaine report, and oftentimes to yélde in the ſame yeare, both the ſtem and outward roughnes with prickes on it. The ſkilful writers of the Gréeke huſbandry will, that the owner or Gardener in the opening & digging away of the earth, to cut them vp with a ſharpe hooke, leauing ſome part of the rot in the earth, which ſo pulled vp, and anointing the rote with ſoft dung, ſet againe in a well laboured ground, turned in with olde dung wel thrée foote aſunder, and often water them when the drie ſeaſon commeth, vntill the plants ſhall be ſufficiently ſtrengthned in the earth.

Thoſe which the Gardener mindeth to let run or grow vnto ſéed,

ſuch ſhall be ſeperate from the yong plants, as Palladius willeth, and couer the heads either with a thinne Pot-ſhard, or Barke of a tree, in that the ſeedes are commonly wont to be corrupted through the Sunne or ſhowres of raine, and by that meanes theſe to periſh and come to no vſe, which if the ſeedes be either burnt with the Sunne, or putrified with the moiſture of ſhowres, will after yeeld to the Gardener no commoditie in the beſtowing in the earth.

The owner or Gardener may not gather the fruits of the Artochokes all at one time, forasmuch as the heads ripen not together, but one after the other, ſo that the owner ought then to gather the fruits, when as theſe onely haue flowres below in forme of a garland, not before that time, wherefore if the Gardener do ſtay vntill all the flowres be ſhedde, the fruits will be the worſer, and leſſer delectable in the eating.

The Gardener muſt carefully looke vnto, that the Mice hant not to the rootes of the Artochokes, for once allured through the pleaſant taſte of them, they after reſort in great number from farre places, to the marueilous ſpoile of the rootes, as the Greeke Varro in his worthy inſtructions of huſbandry hath diligently noted, yet not leauing the ſame without a helpe and remedy: for he reporteth, that the ſharpe aſſault and enterpriſe of them is withſtanded and driuen away, if the Gardener either lappe Woll about the rootes, or Swines dunge, or beſtow the Figge-tree aſhes in the like maner about them.

The Moles in like maner doe marueilouſly harme, and be iniurious to the rootes, inſomuch that through their often caſting, and hollowing of the ground, the hollow plants are procured to fall or leane through feeblenelle in the earth, for remedy of which annoyance, the Gardener may either bring vp and learne a yong Cat, or tame a Weaſill, to hant daily in thoſe places.

There be which ſet the plants of the Artochoke in a faſt and dry ground, to the end the Moles ſhould not ſo lightly in their working ouerthrow them.

The owner which would vnderſtand and know other helps, let him reſort vnto thoſe experiments, which we haue vttered in the firſt part.

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The Phyſicke benefits and helps of the Artochoke.

THe Artochoke eaten grene or raw with vineger, reſormeth the ſauour of the mouth, the Eares and ſcaly kernels, cleuing or ſticking round about the head, being tenderly boiled (after the manner of the Sperage) from which after the liquor poured, the Eares againe boyled with Butter, and ſeaſoned with Vineger, and Salt, doe yelde a delectable ſauce with meate right profitable.

There be ſome, which rather eate the Eares raw then ſodden, being afore prepared with Salt, and the fine ponder of pepper or Coliander ſeeds ſtrawed vpon, for by that meanes (as they affirme) is the naturall ſweetneſſe of them more kindly and delectably repreſented and felt.

Certaine report, that the Eares ſteeped onely in wine, to cauſe vrine and moue the veneriall act, as the worthie Heſiodus reporteth, which (as Ruellius hath noted) at the bearing of the flowre, the Grashoppers then doe loudeſt ſing, and women greedieſt to the veneriall act, but men at the ſame time floweſt.

The roote (after cleane ſcraping and keeping forth of the Pith) boiled in Wine, and drunke, not onely amendeth the hardneſſe of making water, but the rancke ſauour and ſtinking ſmel of the armeholes, which Xenocrates affirmeth of experience, to ſend forth on ſuch wiſe the ſtinke of the vrine, cauſed by the heat of the ſmal pocks, or any other occaſion.

The Artochoke tenderly boiled and eaten, is ſaid to ſtrengthen the ſtomacke, and helpe ſomewhat the priuie places, that men children may be conceiued, as the Athenian Cherias, & Glaucias affirm.

The worthy Galen reporteth, the meate of the Artochoke to be of an euill nouriſhment, and incommodious to the ſtomacke, eſpecially when the ſame ſhalbe hard at the firſt yelding of the flowre, for then the Eares poſſeſſe a great quantitie of cholericke iuice in them, which for the ſame, ought rather to be eaten boiled then raw: yet ſome be of this minde that the yonger heades, tender and full of iuice, being prepared (as afore taught) may with the more delight and leſſer harme be eaten.

What skill and diligence is to be learned in ſowing, and wo:ke-manly ordering, both of Endiue and Succorie.

Chap. 14.

THe Endiue, otherwiſe named the Succo:ie o: ſowe Lettuce, ſerueth rather fo: the vſe of Medicine, then fo: other purpoſes, ſo that by a trauell cauſed to grow acceptable in the Garden, fo:aſmuch as this of it ſelfe by nature is euermo:e ſowe, although it be a kinde of the Lettuce, which ought often to bee remoued and changed into ſundzie places, that the nature of it may on ſuch wiſe be altered, with leſſer trauell to the Gardener.

The Endiue thus beſtowed in Beddes, may well abide the colde ſeaſon of winter, wherefo:e in colde countries, this better agreeth to be ſowen neare the end of Harueſt, and well growen vp, to be remoued and laid againe in the earth, that theſe in the lying, may on ſuch wiſe become white, if ſo be (befo:e the couering) the hearbes be ſtrewed ouer with riuer ſand, and often watered (if not holpen by ſhowers of raine) which then couer with light earth, letting theſe ſo reſt vntill by a diligence in the watering, they become ſufficiently white fo: Sallets, o: other purpoſes: the yong plants of the Endiue are not to be remoued, befo:e that foure leaues be ſufficiently ſp:ung vp, and theſe cut at the endes of the rootes, as well as the toppes of the leaues, with ſoft Cow-dung anointed about the rootes, befo:e the beſtowing in the earth, which lightly couered, water ſo long, vntill the plants be ſufficiently ſtrong in the earth.

The Succo:y is of the nature of the Endiue, which in like maner retaineth the p:oper bitternelle, being not like remoued and o:de-red as the Endiue: this deſireth moiſt ground, and the earth to be well loboured when foure leaues be come vp: the plants after the remouing, ought againe to be ſet in a well dunged earth, and that theſe may y:eld faire, large, and long leaues, let the owner after the leaues be ſomewhat mo:e ſhot vp, o: on the middle of them lay a piece of a Milſtone, fo: by the waight of the ſame will the leaues ſp:ead out, and enioy mo:e tufts o: grow thicker. By this wo:ke-manly o:dering, will the bitternelle of the leaues be remoued, and they aptly ſerue in the winter time fo: the vſe of the Sallets, if ſo

be

be the plants be ſet againe in the end of Auguſt, or rather in the beginning of September, when the leaues are ſhot vp big, & in pulling vp, the earth not knocked off the rootes, but with ſoft Cow-dung the rootes gently annointe about, and beſtowed after in beds well turned in with dung.

The leaues laid along in well dunged beddes (to be white) couer ſo ouer with loſe earth that the roots may lie vpward; and ouer them, lying a long in the earth, make ſome couerture in the forme of a harboring place, or rather ſtrew vpon them the chaffe of corne, for the better defence of the cold and bitter windes.

Certaine report that the like may be purchaſed, if the owner after certaine leaues of the Succory ſhotte vp, bindeth together with a browne thred, and coureth them after with a pot of earth, to the end that thoſe may daily drawe by the rootes a nouriſhment from the earth, which by the ſame meanes ſhall purchaſe both a whiteneſſe and tenderneſſe, and loſe a great part of the proper ſowreneſſe.

The Phyſicke helps both of the Endiue and Succorie.

THe Endiue which by another name is termed the wilde Lettuce, is reported to be cold and drie in the ſecond degree, and of this only the leaues and ſeede ſerue to the vſe of Phyſick, yet are the leaues brought apt to be eaten in Sallets.

The roote by the conſent of all writers, is to little vſe, therefore in our time ſeldome applied in medicine.

The greene leaues exerciſed in medicine, are to great purpoſe, but the drie preuaile little or nothing at all.

The greene ſerue to comfort, for which cauſe they preuaile againſt the ſtopping of the Liuer and Milt, through the occaſion of choler, and theſe like preuaile againſt a ſimple and double Tertian, and againſt the heat of the Liuer, and againſt hotte or burning impoſtumes eaten either ſodden, or raw with Vineger: the Sirupe made of the decoction of the hearbe with Suger, anaileth in all the aboueſaid.

The iuice or Sirupe giuen with Ruberb, about the fourth or firſt

day

day after digeſtion of the matter. greatly prꝛeuaileth foꝛ the heate of the Liuer, and a burning impoſtume, the ſaid hearbe oꝛ iuice applied in plaſter foꝛme, greatly auaileth. If the leaues can not be had, then vſe the ſæedes bꝛuiſed and boiled, applying it to the ſame hotte places, which greatly pꝛofiteth.

The iuice of leaues applied on hot puſhes, qualifieth and dꝛaweth foꝛth the heate of them, the hearbe bꝛuiſed and laid on hot impoſtumes greatly helpeth. The hearbe applied on the left pap with vineger, mightily pꝛofiteth the Cardiacke paſſion, the ſame on the belie ſtaieth the flixe.

The Sirupe made of the Endiue and Harts tongue, pꝛeuaileth againſt the kings euil, the hearb applied in plaſter foꝛme, with Ceruſe and Vineger, healeth the thingles, hot impoſtumes, and ſwellings: the iuice applied with vineger and Roſe water on the temples, aſſwageth the headache: the dꝛinking of the iuice euerie ſecond day, recouereth the ſpitting of blood, and aſſwageth the exceſſe of Sperme: the iuice is effectuouſly anointed with Cherule and vineger on all parts, which are healed by coling.

The Succoꝛy is of a dꝛie and cold qualitie, yet ſomewhat moꝛe then the Endiue, this hearbe (as Ægeneta repoꝛteth, is both of coling and dꝛying in the firſt degree, and hath alſo the vertue of binding.

The hearbe bꝛuiſed with the roote, and round Trochiſes oꝛ flatte Bals made of the ſame, which after diſſolued in Roſewater, and annointed on ſcabbed places, doth both cure them, and cauſeth a fairer ſkin. If any vſe this potion, made with the iuice of Cichoꝛie, Endiue, and Harts tongue, to which a quantity of Suger added, in the boiling with water and a little vineger, doeth in ſhoꝛt time recouer the ſtopping of the Liuer and Milt, ſo that pils of Ruberb be after miniſtred, & the comfoꝛting Electuary of the thꝛee Sanders taken.

If any pꝛepareth this plaſter made of Serapium, and Myꝛre, of each a like weight, to which the oyle of Camamill and Hony in like pꝛopoꝛtion added, and the ſame applied warme to the womans pꝛiuy place, doth on ſuch wiſe purge the Matrice, that ſhe may after conceiue with childe. And in pꝛoper purgings of the women (as Pliny repoꝛteth) the decoction of the hearb in water ſo much pꝛeuaileth, that it dꝛaweth foꝛth the dead yongling.

The

The iuice of the hearbe boyled, and minifired, looſeth the bellie, helpeth the Liuer, kidneis, and ſtomacke: boyled in vinegar remooueth the vering paine of the vrine, yea the kinges euill, applyed with Wilke or water and honny, if it be without a Feuer.

The Cychory taken with vinegar (as Dioſcorides repoꝛteth) is pꝛofitable to the ſtomacke, foꝛ that the ſame in meate aſſwageth the heate and infirmities of the ſame. And by it ſelfe applyed, and with barly meale layed plaiſter-wiſe on the region of the heart, greatly helpeth, in the plague: and in burning Agues the ſame is to be vſed to great purpoſe. It alſo qualifieth peſtilent puſhes, if the water of the decoction of the ſame be applyed on the places, with linnen clothes. The floure throwne into a pumices hill, ſoone after becommeth as red as bloud.

The hearbe boyled in wine, and taken with meate, is very pꝛofitable to the ſtomacke, in that the ſame helpeth digeſtion the floures bruſed with the rootes, and applyed in plaiſter foꝛme to the ſoute, do incontinent aſſwage the paine of the ſame pꝛoceeding of heate. This plaiſter applyed to the ſhingles, doth marueilouſly remoue the mightie heate.

The commended vertues of the diſtilled water both of the Endiue and Cychorie.

The time apteſt foꝛ the diſtilling of Endiue, is in the end of May, the leaues (befoꝛe the diſtilling) plucked from the ſtemmes, and finely ſhred

The Endiue water dꝛunke vnto the quantitie of two ounces at a time both moꝛning and euening, pꝛofiteth the ſtraightnes and ſtopping of the bꝛeaſt: in the ſame maner dꝛunke, is auaileable to women with childe in that this both ſtrengtheneth them, & amendeth ſenſes.

The Endiue water mixed with the water of Plantein Roſe water, and the white blef without Opium, of which an ointment made after arte, doth in ſhoꝛt time recouer vlcers diſtempered of a hotte matter, and eſpecially thoſe happning on the pꝛiuities.

The ſaid water with the iuice of Marſh Mallow rootes, oyle of Roſes and Camomil, Saffron, barly meale, and the yolkes of egges

mixed altogither ouer the fier, and applied in plaister forme, is a present remedie, both for the goute of the hands and feete.

The Endiue water drunk vnto the quantitie of foure or fiue ounces at a time, both morning and euening, recouereth the plague, expelleth or putteth away the kinges euill, ceaseth thirst, and in good quantitie drunke asswageth the heat of the Liuer.

This helpeth the stitch in the side, and a pricking felt about the heart, drunke vnto the quantitie of three or foure ounces at a time, both morning and euening, a linnen cloth or bolster of hempe applied on a hot Liuer, qualifieth the heate, or in what part of the body the like hapneth: but as the linnen clothes way dry, euermore to wette them in this water.

The best time for distilling the Cichorie, is in the middle of May, the hearbe and the roote to be finely shred, before the distilling in a tin Limbecke.

The water of Cychorie drunke vnto the quantity of two ounces at a time, both morning and euen, and at Noone, or taken with drink in this maner, remoueth the heate of the stomacke. This drunk in the like maner or applied with linnen cleathes on the region of the heart, both comforteth and strengthneth the heart and stomacke.

And as this applyed with linnen clothes on the Liuer, asswageth the heat of it, so it openeth the stopping of the same. This drunk in the said maner, preserueth the creature from the plague. This like auaileth for Carbuncles, either drunke, or applied with linnen clothes on the places: this also often drunke, slayeth the rysing of the lunges vnto the throate: and stoppeth the perillous fire Disenteria.

The water in like quantitie drunke, openeth the stopping of Liuer and Milt: this gargelled in the mouth and drunke, helpeth the swelling of the Vuula and throte, it helpeth also wasted members if those be often bathed with the same and drunke in like condition or applied with linnen clothes. helpeth the bite of a venemous beast.

The floures after the gathering in the morning, distilled in Balneo Mariæ and orderly applied, serueth vnto diuers impediments of the eyes, as vnto the bleres of them, the mistinesse or dimnesse of sight, the Pinne, web, and spots in the eyes, and vnto many other like griefes.

What

What care, skill, and secrets to be learned in the sowing, and workmanly ordering of the Lettuce. Chap. 15

The Garden Lettuce desireth a well laboured ground, fat, moyst and dunged, appearing for the more parte by the fourth day aboue the Earth, so that the seede in the earth be not burned of the sunne, or the ground vnfruitfull: the seede may be committed to the Earth, all the yeare through if the place for the growing shall be battle, dunged and moyst. The Seedes may be sowen in beddes thicke togither, and in the month of March or beginning of Aprill, in that the tender plantes cannot indure the nipping frostes nor cold ayre. The seedes which the owner bestoweth in beddes in the moneth of September, will be so hardned for the winter time, that the plantes may well endure to be remoued and set at any time, and watered for two or three daies togither, vnlesse these be otherwise moistened with the dayly and sweete showres of the ayre. And in committing of the seedes to the Earth, the owner ought to haue a care for watering of the beds least the heat consisting in the dung, breatheth or casteth the seedes forth of the Earth.

The plantes risen or sprung vp well foure or fiue leaues aboue the Earth, ought then to be remooued and sette againe into a fatte ground, a good distance one from the other, and to water them well at the Rootes, so that it freese not, nor the season be verye hotte.

The owner or Gardener may not remoone (to set againe) the small or common Lettuces, but the greater which will become crisped and thicke (named of diuers, the Romane Lettuce) that yeeldeth white and farre bigger seedes: these if the Gardener bestoweth againe in beddes, will shoote vp farre fayrer, and greater in Tuffe, and taste pleasanter, if he especially breake away the first leaues before the setting of them in beddes, forasmuch as the first outward stalkes haue much milke in them, which will lightly become bitter through the heate of the sunne.

If the owner would possesse faire and white Lettuces, he ought to

binde the leaues vp togither with a threede, well two daies before the plucking vp and setting againe in other beddes: which so done, he must straw thicke ouer, with riuer or sea sand, which the worthy Plinie seemeth onely to ascribe to those which yeeld the white seedes, whose nature is such, that they best indure the colde winter. But if these through the default of the place, season, or seedes, ware hard, the Gardener may procure the plantes to grow tender, by plucking them vp, and setting them in well wrought beddes.

The Lettuce spread into a breadth, if so be the owner either setteth it asunder, or when it is growne into bigge leaues, the toppes gently cut off, it be prelled downe with a turffe of earth, Tile, or Potshard, whereby it may the lesse shoot vp into a stemme. For thorough the waight thus laid vppon, the plant kept vnder, is forced to creepe, and shed forth into a breadth, as the singular Florentinus in the Greeke husbandry, and after him Columella, to these Plinie and the worthy Neapolitan Rutilius vtter.

The Lettuces are caused to grow broad, round, thicke of leaues, crisped, and low by the earth, if the plantes remooued when they bee shot vp a hand-breadth, be after the cutting away of the hairy rootes annointed well about with new Cow dung, and in heaping the earth well about them, be often watered: and assoone as these are growne to a more strength, to clip the tops of the leaues off with a sharp paire of sheeres, and to couer them with pots of earth new filled, in such manner that the tops beaten or prelled downe, may growe tufted round vp, and white, as the said Florentinus (in his greeke instructions of husbandry) reporteth that he did.

If the owner mindeth to inioy Lettuces sweet in taste and smell, let him (two dayes before the pulling vp) binde vp the toppes of the leaues hard togither, for by that meanes in the farther growing will the plantes be the fayrer, sweeter, and whiter. Herein remembring that at the tying (on such wise) of the plantes, and they stronger growne, to be then prelled downe, as afore taught, with either Tile or potshard or Turffe of earth.

The skilfull Florentinus (doth also affirme) that the plantes may be caused to growe sweete & pleasant in smell, if ỹ owner bestoweth of the lettuce seeds, into the citron seeds, before the cõmitting to ỹ earth,

which

which likewise the Gardener may performe, by infusing the seeds in either damaske or muske water, for certaine daies.

Here I thinke it not impertinent to the matter, to recite in this place the maruelous deuise of Aristoxenus Cyreneus: this man as Plinie writeth, leauing his proper countrey, for the ernest desire he had to Philosophie, & seting a felicitie in banqueting dishes, watred at euening diuers Lettuces (as they grew on the earth) with Wine and honny mixed together, & with the same licour so long filled thē, vntill the hearbs had sufficiently drunke: which after hee had left them vnto the nert morow, boasted that he had purchased delicates from the earth: this no doubt a worthy inuention for a proper banquet, but no philosophie consisting in it, therefore leauing further to report of this, we will return to our former matter.

The Lettuce obtaineth a tenderer leafe, or the leaues become the tenderer, if the rot (as a foresaid) be diligently ānointed about with the best Cow-dung, and watred at needfull times with riuer or running water, or ẏ tops of ẏ leaues, as I afore wrot, tied close togither with a threed, well two dayes before the pulling vp & setting againe.

If the Gardener desire to haue a plant to grow of a marueilous forme, and diuers in taste, he shall with an easie cost and light trauaile (as the skilfull Greek Didimus reporteth) performe the same, if he will properly make a hole into a round pellet made of Goates dung, and into the same put of the Lettuce, Cresses, Basill, Rocket, and Radish seedes (as the like Rutilius writeth) and that ball wrapped in dung, be bestowed in a well laboured earth: the furrowe not being deepe, and soft dung laid ouer, with the light earth: and this often and gently (or by little and little) sprinckled with water: for the radish shooting downe performeth the roote, but the other seedes into a heigth, the Lettuce rysing withall, and eache yeelding the plant in their propper taste.

There be some which in two or three terdiles of the Goate or sheepe bruised, and made vp into a ball, bestowe the foresaid seedes, and tying this in a linnen cloth, do set it into the earth, with the like care and dilligence, as aboue is uttered.

Many of the Latin writers of husbandrie taught the same in an other maner, by gathering whole leaues of the Lettuce, growing next to the roote, in the hollow pittes and places of which leaues, ẏ owner

to beesolue, except the Radish (as Ruellius writeth) or the Parsley (as Ruellius instructeth) all the aforenamed seeds, which leaues annointed about with soft dung to be set into a wel dunged ground, and the seedes diligently couered ouer with earth.

If any would possesse Lettuces for the Winter turne, he ought to conserue the (as Columella instructeth) after this maner, in plucking first away the outward leaues round about, that the tender leaues left apparant and vncouered, might well be salted in an earthen pot or other vessell, and left couered for a day and a night, after such maner, vntill these with the helpe of the salte, yeelded forth a Brine. The Brine throughly purged away with fresh water, & the licour pressed forth of the leaues, to let them lye abroad on a Lettuce, vntill the leaues be sufficient drie, then to strew the dry Dill and Fennell on them: after this to lay the heapes or handfuls of the Lettuces into the vessell againe, on which to powre the licour made of two parts of vinegar and one of the Brine: after this, so to thrust downe the whole substance with a drie thickening, that the licour may flote and appeare well aboue all, which on such wise ordered, must diligently be tended vppon, that as often as the substance aboue seemeth to lye bare & vncouered, to fill alwaies vp with the said licour, but with a Spunge keepe cleane the lips and outside of the pot, washed diligently about with fresh Conduit water, and this so often vse, as neede shall require.

The phisicke benefits and helpes of the Lettuce.

THe Lettuce coleth and moisteneth in the second degree: Aegineta affirmeth that the Lettuce both manifestly cooleth and moisteneth through which it procureth sleepe, and as the same among other pot herbes greatly nourisheth, euen so is it a worker and causer of good bloud.

Certain report that Augustus Cæsar by vsing of the lettuce in that time of his sickenes recouered healthy: and no marueil, in that the same helpeth digestion, and ingendreth better bloud then any of the pot herbes: the Lettuce found by experience to be cõmodious to the stomache, procureth also sleepe, looseth the belly, & causeth plentifulnesse of milke in the breasts: the Lettuce seede giueth to Nurses

the

the plentifulnes of milke, & sharpneth the sight being taken in drink: the same drunke in wine procureth sleepe: a plaster only made of the Lettuce, and aplied on hot impostumes & the Shingles, doth mightily coole: the Lettuces sodden and mired with the Oliue, receiued inward by potion, doth helpe in short time the dropsie.

The iuce of the Lettuce annointed on the fore-head of him that hath the feuer, and cannot sleepe, procureth rest and sleepe to the patient (as the skilfull Florentinus writeth) which also affirmeth, that a man shall not be ouercome with drinke, if he afore eate with a fasting stomacke, greene Lettuce.

To these he addeth the seedes of the Lettuce brused and drunke, to stay ỳ shedding of Sperm, for which cause this is profitably taken or drunk against ỳ night pollutions, happning to many yong persons.

The author besides vttereth, that the Lettuce laid vnder the couerlet, the sicke person not knowing thereof, and gathered after this maner, as with the left hand pulled vp by the roote before the sunne rising, doth soone after cause sleepe. Alike to this he reporteth, if fiue, three, or one leafe be laid priuily vnder the bolster of the sicke, but in such maner, that the bigger end of the stalke and leafe lye to the feetward, and the top and smaller end to the head.

Here learne, that the plentifull and dayly eating of the Lettuce of married persons, is verry inconmodious and noysome to them as the Greeke writers of husbandry haue noted, in that the same (as they write) not only doth diminish the fruitfulnes of children but ỳ children after borne, do become idle, foolish, & peraish persons: but ỳ physitions in our time write contrary: for they say ỳ lettuce neither do th increase euill blond, nor the same thoroughly perfit, yet is ỳ lettuce (by their agreement) worthier then the other potherbs, for the lettuce is preferred (as Galen writeth) & not without good reasō to other herbs in that there is none knowne or found to be of better nourishment.

This also in the Sommer time (as the same Author writeth) is a gratefull and profitable meat, forasmuch as by nature it cooleth: this ministred to hot and choleriche stomackes, is maruelously available: yet the often vse dulleth the sight of the eies, & procureth a moistnesse, yea & abateth the desire of the veneriall act: this also through the often eating greatly harmeth such fetching the winde short, spitting vp of blond, and the flegmatike: this herb besides too often & much vsed

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(aſwell ſodden as raw) is no leſſe perilous then the eating of ẏ hemlocke: the Lettuce in the ſommer time is vſed rather for phiſick ſake, then for the proper nourihment which it yeeldeth, as vnto the moyſtening and cooling: yet this ſeeing it may be diſcerned cold, who needeth to doubt, that it can ingender in any manner ſound and pure blood in vs? for the ſubſtance of it common to vs, which is both milkie and ſweet, and to theſe meanly digeſted, is for the ſame readily & lightly changed into blood: the Lettuce therefore eaten moderately, doth procure in vs good blood, and helpeth many times the tertian ague, and the hearbe is ſaide to looſe the belly, in that this through the proper moiſture and coldnes, doth cooleth and tempereth the immoderate heat of the liuer, which notwithſtanding for the ſpeedie and vehement diſtribution and carrying away of the meate & drinke, is many times wont to binde the belly. the hearb eaten either rawe, or boyled with vinegar and ſugar, doth diſſolue the ſtopping of the Milt and Liuer, yet eaten raw in much quantity is ſayde to trouble the ſight, and both harme the eyes, and cauſe a miſtineſſe that thickneth and dulleth the viſiue ſpirrits, and cauſeth the Chriſtaline humor troubled, and offendeth the animall ſpirite through the proper coldneſſe conſiſting in it.

Many vſe the Lettuce before it be riſen into a ſtalke, boyling it in water or broath, which likewiſe (the worthie Galen reporteth) that he did in his old age, yet not eating the ſame before the boyling, for the hardneſſe which he found to enſue by the eating of it raw: notwithſtanding the ſaide Galen in young age vſed the raw Lettuce to repreſſe the heate of the choller in the ſtomacke: but when he came to old age, he vſed to eate the Lettuce boyled at ſupper, to procure the ſweeter and longer ſleepe in the night: ſo that the Lettuce boyled and eaten at ſupper, or at the houre of going to bed, was to him a ſingular remedie to cauſe a quiet ſleepe.

The ancient vſed not to eate the Lettuce at the beginning of ſupper but at the latter end, ẏ reaſon of which was, that ſeeing the Lettuce, (as we haue afore ſaid) is of a cold and moiſt nature, therefore the eating of the ſame at the end of ſupper, & mixed with the other dainties in the ſtomack, it cauſeth the ſoner and ſounder ſleep in the night, and this the readier repreſſeth the vapours fumes of heady wine, and drunkennes: alſo it is the ſooner maſtred and ſtayed through the

mightie

mightie moistening of the braine. The Lettuce seeds bruſed, and mixed with the white of an Egge and womans milke, applyed in plaster fourme on the temples or forehead warme, at the going to reſt, dooth marueilouſly procure ſleepe: A like to this dooth the iuice of the Lettuce, and womans milke, of each a like quantitie, to which halfe an ounce of white Poppy ſeed bruſed, applie warme on the forehead.

The Seede bruſed and drunke, ceaſeth the often imaginations of the venerial act in ſleepe, and repreſſeth the deſire of the naturall act.

The worthy Phiſitions in our time haue deuiſed a more healthfull way for the eating of rawe Lettuce, at dinners and ſuppers, in the Summer time, by mixing with it vinegar, oyle Oliue and Salt. (which ſo prepared) ioyning with other meates on the table, that the ſame may ſtir vp the feeble appetite, cauſed by great heate, and both temper the burning of blood, and mittigate the heate of the liuer and heart, notwithſtanding the hearb in this maner prepared, ought warily to be vſed, ſeeing the immoderate vſe of the hearbe (as afore vtter) doth extinguiſh the earneſt will to the veneriall act.

The maried perſons (deſiring the procreation of children) ought ſoberly and meaſurably feed on the lettuce, but to the Cholericke perſons this hearb is not denied, ſo that the coldeneſſe of it with Rocket, Creſſes, Mintes, Maioram, and ſuch like bee afore tempered, to the apter cooling of their ſtomacks.

The commended vertues of the diſtilled water of Lettuce.

THe Garden Lettuce gathered about the middle of Maye, ought after the finely ſhredding, to be diſtilled with a ſoft fier either in Balneo Mariæ, or a Tin Limbecke. This water of the criſped or Garden Lettuce drunk to the quantity of two ounces at a time, both morning and euening, profiteth the Liuer, in that by nature it coleth and comforteth the ſame, and coleth the bloud inflamed. The water in like maner drunke, ſtayeth the perilous flure Diſenteria, & other vehement Fluxes of the belly, this amendeth the trembling of members, and helpeth thoſe which cannot quietly ſleepe: this annointed on the temples of the head, and pulſes of the hands, procureth ſleepe.

The water drunke, helpeth women lacking milk, if they either

take it alone or in drink, for on ſuch wiſe, this procureth froze of milk in the breaſts. The water ceaſeth and amendeth a hotte and drye cough taken in drinke, mollifieth the throate. cleanſeth the breaſt and lungs, ceaſeth thirſt, tempereth the heat of the ſtomacke, liuer, and kidneis, this beſides in good quantitie taken, loſeth the belly.

What care and skill is required in the ſowing and ordering of the Purſelane and Rocket. Chap. 16.

THe Garden Purſelane, how diligently the ſame is beſtowed, ſo much the larger it ſpreadeth on the earth, and yeelderh the thicker leafe. This deſireth to be ſowen in Februarie, March, Aprill, Maye, and June, and in no other times, for this hearbe cannot well indure the colde ſeaſon. This plentifully yeeldeth and ſpreadeth, being beſtowed in beddes well turned in with olde dung, or in ground verry fat of it ſelfe, or otherwiſe ſowen amongſt Colewortes, Onions and Leekes. And after theſe haue layed a yeare in the Garden, they will yearly come vp, without paines to the Gardener, of the owne accorde, yet the hearbes deſire euery yeare, to be often watered, to the end that theſe may yeeld the bigger Tuffe, and thicker leafe.

The ſeedes ought to be ſowen vnder the ſhadow of trees, and in an Harboure where trees grow not too thicke, for theſe otherwiſe beſtowed vnder a thicke ſhadowe, grow thinne and ſmall of leafe. The Purſelane is one of the Garden hearbes, ſerued firſt in Sallets, with Oyle, Vinegar, and a little Salt, as well at the mean, as rich mens tables, yea this for a daintie diſh with many ſerued firſt at the table in the winter time, preſerued after this manner.

The greateſt ſtemmes and leaues of the Purſelane without roots were gathered in that the ſmaller ſteeped (lightly decayed and withered) and theſe with water clearely and throughly cleanſed from the fine Sande, hanging on, and the filthie or corrupt leaues if any ſuch were, cleane purged away, and theſe ſo long they dried in the ſhadow, vntill they were ſomwhat withered, for otherwiſe (through the plentie of moiſture) they either moulded or rotted in the lying. After theſe were they infuſed in veriuce made of ſowre grapes, ſtrewed thicke ouer with greene Fennel beſtowed in an earthen pot glazed within,

or

or for the lacke of it, in a ſweet veſſell of wood: after this, the whole ſprinkled well ouer with Salt, laying greene Fennel againe ouer the Salt, and ſundry courſes of Purſelane, with Salt and Fennell beſtowed to the filling vp of the pot, & ouer the vpper bed of Purſelane again, a thick courſe of green Fennel ſtrewed, which ſetled the whole mixture downe into the pot.

Theſe being done, the licoure which was tempered or mired with two parts of vineger, and one of verjuice made of grapes was poured vpon, in ſuch order and ſo full, that the ſame reached vp to the brimme or lip of the veſſell. The ſame pickle or ſauce at the end, cloſe couered with a lidde, was ſet vp in a place to be preſerued far from the beames of the Sunne comming, leaſt the ſubſtance through the ſtanding of the place, might gather a dnew or mouldines ouer the ſame: which alſo as they affirme may be auoyded, if the Purſelane be not ſuffered to ly floting aboue, but alwaies couered well ouer with the licoure: when they vſed and ſerued it at the table, they afore cleanſed it with warme water or wine, and pouring ſweet Oile on the Purſelane, they ſet it as a firſt diſh on the table, to procure an appetite to the gueſts ſet downe to meat. The Rocket is added to the Lettuce in Sallets, to the end it may temper the contrary vertue of the ſame, ſo that the Lettuce is ſildom eaten with meat without the Rocket, and the Sallet on ſuch wiſe prepared is cauſed the delectabler, and yeeldeth the more healthy to man. And the worthy Galen in his booke de aliment. & facultat. willeth no man to eat the Lettuce or Purſelane without the Rocket, nor the Rocket contrarywiſe in any Sallet, without Lettuce or Purſelane, that in aſmuch as the one coleth and harmeth the veneriall act, the other through the heating in the either matter profiteth man. The ſeedes may be committed to the earth and the heard planted as wel in the winter time, as in ſumer, for it neyther feareth the colde, nor any other diſtemperancy of the ayre, nor this requireth great labour about the beſtowing of the ſeedes in the earth, and after the comming vp, it eſpecially loyeth to be often weeded, but the ſeedes to be ſowen in a ſandy or grauelly ground, ought afore to be well turned in with dung.

The Phiſicke helpes and remedies both of the Purſelane and Rocket.

THe Purſelane cooleth in the third degree, and moiſteneth in the ſecond, the herb vſed freſh and greene, is better allowed (for this dried, hath ſmall vſe and vertue) in that it mittigateth & maſteneth.

The Purſelane through the proper coldneſſe, aſwageth hotte and Cholericke ſlures, through the often applying and cooling, and helpeth the perſons afflicted with a burning Feuer, and the teeth aſtoniſhed or on edge, by eating of ſome thinges, is amended by the only eating of the freſh herbe. The iuice of this applied, helpeth the chingies, and both vnbideth the veneriall act, and abateth ſleep. The herbe expelleth the wormes of the belly, and drunke with wine, ſtayeth the perilous flure Diſenteria. The decoction of the Purſelane, holden for a while in the mouth, ceaſeth the toothache, if the iuice be ănointed, helpeth outward inflamations. The perſon which hath a hot ſtomack, or the mouth of the ſtomacke ſwollen, ſhall throughly be holpen by eating of the freſh Purſelane. The iuice drunke, mightily cooleth inward heates, the herb eaten amendeth the vlcers of the pryuities, yet hurtfull to the eyes, and ſomewhat cooleth the body. A plaiſter made of the Purſelane, and applyed with barly meale, on the hot vlcers (where a feare is, that the matter in them putrifieth) much profiteth or if it ſhall be a hotte impoſtume, which fleeth within from one member to another, this greatly amendeth. The Purſelane alſo reproueth the vlcers of the head, if bruſed, it be tempered with wine, and the head waſhed with the ſame.

This applyed helpeth ſwollen eyes, and preuaileth againſt the ſpitting of bloud, yet eaten raw, filleth the ſtomacke with a clammy humour: the daily eating of it, abateth the deſire of the veneriall act, yet eaten with vineger, it remoueth the burning Feuer: the herbe bruſed with barly meale, and heated on the fire, and then applied to the ſtomack, qualifieth the heat of the ſame: the Purſelane vſed of women moleſted with the monthly courſe, ſtayeth it without greeſe in ſhort time.

The purſelane chawed in the mouth, profiteth againſt the bleeding of the noſe, the ſame doth the iuice perſorme annointed on the Forehead. The Purſelane mixed with barly meale, and applied in plaiſter

formes,

ſorme, ceaſeth the head-ache, extinguiſheth the heat of the eyes, ſtayeth the perilous flure Diſenteria, and ſtrengthneth both the Kidneyes and blatder. The iuice giuen in drinke, helpeth burning Feuers, killeth the wormes in the belly, and ſtayeth the ſpitting forth of blood.

The iuice beſtowed in glister wiſe, helpeth the excoriations in the bowels of women, and the rawneſſe of the priuy places within procured by diſtillations from the head.

The iuce of the hearbe is profitably annointed on the head, with the oyle of Roſes, or oyle Oliue, againſt the head-ache, cauſed by the heate of the ſun and woundes dangered by blaſting or in a furious heate, this mightily mittigateth, with barly meale annointed.

The hearbe (to great purpoſe) is applyed on the Mavill of Infants falling forth by crying, and the hearb chewed or rather the iuice boyled, ſtayeth the greeſe and looſe teeth of the head, yea the iuice eaten rawe, aſwageth the kernels and vlcers in the mouth and ſwelling of the gummes.

Leontinus a Grecke writer of huſbandrie writeth, that the leafe of the Purſelane holden vnder the tongue of the perſon moleſted with thirſt, mittigateth the deſire of often drinking, & Plinie writeth, that the iuice remoueth wartes, by annointing the places many dayes togither, and he alſo writeth, that the inflamations of the pappes and Goute may be aſwaged and healed by the iuice of Purſelane with honny.

The ſaide Plinie reporteth, that the roote of the hearbe hanged with a threed about the necke, remooueth the greeſe of the fall of the Vuula, which like happened to a Iudge in Italie, as he writeth.

The hearbe Rocket heateth and moiſteneth in the ſecond degree, the ſeeds and leaues are onely vſed in medicine.

The heard boyled and eaten, increaſeth the Sperme in man, which Aeginets (lib. 1.) like witneſſeth, ſaying, that the Rocket obtaineth a great vertue in heating, and ſuppoſed to increaſe ſperme, and for the ſame, to ſtirre vp a deſire to the venereall acte, beſides to cauſe (through the often eating alone) a giddineſſe and paine of the head.

The Rocket increaſeth a ſtrong heat, for which cauſe the ſame is

hurtfull

hurtfull to the head, but the Garden Rocket boyled with the Lettuce and Beetes, worketh or causeth no harme, and in such manner eaten, the same increaseth the milke in women giuing sucke, and Nurses.

The Rocket eaten, and applied in plaister wise on the peeten causeth vrine, softneth the bellie, comforteth the stomacke, and helpeth digestion: the iuice of Rocket mixed with an Ore gall, recouereth blacke scars vnto a whitnesse: the pymples or pushes on the face, the iuice with honny annointed amendeth in short time.

The iuice or seed mixed with honny, and annointed on the head, and often vsed with meate, doth kill the nittes and wormes of the head, but the often vse of the Rocket procureth gripings of the bellie. The rot after the tender boyling brused, and applyed in plaister forme on broken and brused bones, doth put away the paine: the seede brused and drunk in wine recouereth the bite of venemous beastes. A skilfull practitioner reporteth, that if three leaues of the Rocket, bee gathered with the left hand, and after the boyling in water and honny mixed togither, taken in drinke, the same (saith he) marueilously auaileth against the Iaundise, and hard swelling of the milt.

The commended vertues of the distilled waters of Purselane.

The hearbe, stemme, and leaues of the Purselane shred together ought to bee stilled in Balneo Mariæ, about the ende of May.

The water of Purselane drunke vnto the quantitie of three ounces at a time both morning and euening for three or foure dayes together, amendeth the spitting vp of blood, and the perilous flure Disenteria.

The water drunke in like quantity at a time, stayeth any flure of the bellie, yea putteth away a hotte and dry cough: this like profiteth against the heat of the Liuer, ceaseth thirst, helpeth the plague, and remoueth the shortnesse of fetching breath.

This water also is profitable to infants against heat & the wormes, giuen in drinke both morning and euening, vnto the quantitie of two ounces at a time.

If in two ounces of water of Purselane, ten barly cornes weight of

of the ſeede of Pſilium or fleawort be ſteeped for a night, and with a ſponge dipped in this, the tongue bee waſhed three or foure times a day, which through great heat in a Feuer or other ſickneſſe is adusted, and draweth to a blackneſſe, this in ſhort time recouereth.

It helpeth vnto a cooling of the inflamed blod, either drunke alone or taken in drinke, and repelleth the griefes of the Bladder.

What skill and dilligence is required in the ſowing and ordering of the Cheruill, Smallage, Taragon, and Creſſes. Chap. 7.

THe herb Cheruill ioyeth to be ſowen in a well dunged earth, in the moneths of Februarie, Marche, and Aprill: ſometimes in Auguſt and September, to poſſeſſe the herbe in the winter time, and this the better proſpereth through the often watering, vntill it bee well come vp.

The ſmallage ſeedes ought to be ſowen in a well laboured earth, and neare to a ſtone wall, or thicke hedge, this herb well ioyeth in the ſhadow, & commeth well vp in any ground. And after this herbe be once beſtowed in the Garden, a man ſhall hardly weede it foorth quite, and the Gardener may leaue a ſtemme or two, to ſhot vp into ſeede, from yeare to yeare, for this herb will indure for euer, without any weeding at all. The owner may commit the ſeedes to the earth, after the middle or end of Februarie, vnto the beginning of September: this herbe hath the like vertue and properties, which the Parſley poſſeſſeth.

The Taragon of the Garden, bearing ſeede like to the Flare, ought to be beſtowed in a well dunged earth, and after the plantes be ſhot vp neare a foote high, the Gardener ought then to take vp the whole bodies, and ſet them againe in the ſelfe ſame earth, which often water vntill they haue taken ſtrong roote in the earth. The Taragon enioyeth the like properties, as the Rocket, and may not be eaten apart or alone, but rather with the Lettuce, Purſelane, and ſuch like herbes.

The

The Garden Creſſes is a ſoure hearbe in taſte like vnto the Onyon, which the Germaines (in many places) do often vſe in Sallets, but it ſeemeth that the hearbe is not eaten, without other cooling hearbs matched with it, as the Lettuce, Sorrell, Purſelane, and ſuch like, which temper the fier or burning force of the hearb, euen as the worthie Phiſition Galen hath willed it, who forbad the Rocket to be eaten with the Lettuce, that the contrary vertue might be tempered. This hearbe ioyeth to be ſowen in moiſt places, as by ſmall riuers or running courſes of water, welles, and ſprings. for no other labour (after the ſeedes beſtowed) do they require, ſauing a dayly watering, for the plantes comming vp, deſire oftentimes a day to be watered by litle and litle.

The ſeedes of the Creſſes (after the minde of Ruſilius) beſtowed in beddes with the Lettuce, increaſeth verry well, for they ioy in moiſture, and hate the dung: and ſowne in a ſhadowey place, in Februarie and March, the plantes reaſonably proſper and come forwarde.

The Phiſicke remedies and helps both of the Cheruil, and Garden Creſſes.

The Cheruil heateth in the third degree, and dryeth in the ſecond, this hearbe of all perſons is eaten raw with vinegar, and in brothes boyled.

This hearbe taken in drinke, procureth vrine, and ſendeth downe the termes in women, bruſed with wine and drunke, mittigateth the griefes and ſtitches in the ſide.

This drunke with water and honny, reſolueth or looſeth fleſhme, it putteth away the gripings of the bellie, and ingendreth winde.

The iuice of Cheruil taken with vineger, killeth the wormes in the bellie, the Cheruil brought into pouder, and mixed with Honye, healeth a Canker, being annointed vppon. The hearbe boyled in wine, and drunke, ceaſeth the ache and griefe of the hippes.

The hearbe with the whole ſubſtance boyled, if the ſame be after mixed with vineger, and the head waſhed with the ſame, doth remoue

the

the dandrie of the head. In like manner ordered and applied, healeth running sores and Cankers.

It healeth the bite of a madde dog, if the person shall drinke of the Seede bruised, and shall wash the wound with the same. The roote of Cheruill boyled with the hearbe Saxifrage, and drunke, breaketh the stone of the Bladder, and prouoketh vrine. The Cheruill boyled in wine, and drunk, dissolueth the gathered bloud into knobs, or otherwise clotted in the bodie.

The hearb after the bruising, and tempering with Ware and Barrowes grease, applied on impostumes behinde the eares, doth in short time dissolue and heale them.

The Garden Cresses heateth and drieth in the third degree, but the learned Platearius affirmeth, the Cresses to be hotte and drie, in the fourth degree.

The seed especially serueth to the vse of Medicine, and is preserued in great efficacie, for fiue yeares. The hearb greene is of great efficacie, being somwhat dried.

The seed possesseth the vertue of heating and drying of superfluous humours, and in a maner enioyeth the like vertues of Mustard seed: the seed after the bruising drunke in wine, expelleth the dead yeungling. Drunke with wine, remooueth the swelling of the Milt: eaten with Hony, is a remedie for the cough, and looseth the breast, it auaileth against the palsie of the tongue, if the seed chawed bee retained a time in the mouth.

It profiteth not if the Cresses be eaten alone, for that the same diminisheth mans strength, and engendreth euill humors, for this herb loyeth to be bestowed in a moyst Earth, and vnder a shadowe from the Sunne.

The seed whole taken, restraineth the distillings of the head without danger or harme, the seede brought to pouder, and drawne vp by the Nosethrilles, cleanseth the braine and helpeth the paines of the head.

The seede of the Cresses helpeth against the palsie being boyled in wine and applied hotte in a bagge to the palsie member, the pouder of the seede blowne vp dooth cause the patient sneese, amendeth the Lethargie or sleeping out of measure.

The seede boyled with drie figs, and a Gargill made of the same, dooth send vp and drie the Vuula loose hanging.

Against infections of the head, knobs and dandrie, mire the seedes of the Cresses with Goose grease, and diligently brused, annoint all about sundry times, the pouder of the seede annointed with Oyle of Roses, doth stay the going forth of the fundament.

The seede drunke in wine, doth expel the noisome creeping things, as the round and flat wormes in the body, but forcibler by mints added thereto: this profiteth against the hardnesse of fetching winde and the cough, with Organy mired and sweet wine, and the same diuers times drunk: the decoction of the hearbe in Cotes milke helpeth the griefes of the breast: this amendeth the ache of the hippes, and griefe of the Loynes, by annointing with Barly meale and vineger mired with it, on the grieued places.

Certain report, that the daply eating of the Cresses for a time, purchaseth a readier vnderstanding and quicker wit. The seedes after the bestowing in a bagge, boyled in wine, and applyed on the flancke, dooth remoone the paine grieuously vexing, and likewise the Chollicke, applyed on the belly, proceeding of a colde cause.

For the selfe same, and for the Stranguric, dooth the simple hearbe boyled in wine and oyle preuaile, being applied vppon. For weaknesse of the kidneis, proceeding of a flegmaticke matter discending from the head, the raines of the backe annointed with hony, strew the fine pouder of the seedes, with Cummine and Colofernie.

A certaine practitioner reporteth, that the iuice of Cresses distilled or dropped into the eare, doth remoue and deliuer the grieuous paine of the teeth. The sæd boyled in wine and drunke, and a plaister with figges applied without, dooth in short time asswage the swelling and griefe of the Milt.

The commended vertues of the distilled waters, both of the Cheruill and Garden Cresses.

THe chosen time for the distilling of Cheruill, is when the hearbe and roote, with the whole substance may be finely shred and distilled, which time best answereth in the middle of May.

The water of Cheruill drunke, vnto the quantity of foure ounces at a time, both morning and euening, helpeth men burssen, and harmed by a grieuous fall, and resolueth the blood clotted in lumps. The same drunke profiteth against the stone of the kidneis: a great quantitie of this drunke at one time, looseth the bellie.

The water drunke (as aboue said) procureth a good stomack, confirmeth and comforteth the heart, putteth away the shaking of the Feuer, the same healthfull or profitable to the head, and comforteth the senses.

This like drunke remoueth grieuous paines and prickings: helpeth the Lungs, and the diseases of the same.

The conuenient time for the distilling of the Garden Cresses, is in the end of May, in the Tin Limbeck.

The water of Cresses auaileth against the Measelles, and impostumes behinde the eares, if the same mixed with hony, be applied on the places, with linnen clothes dipped in it, which long dried, againe moisten them, for this remoueth the red spots.

If the Measels be on the legs, then let blood on the Anckle of the foote, and drinke the same morning and euening mixed with strawberry water, and refraine after from all hotte meats.

The water of Cresses drunk morning and euening vnto the quantitie of foure ounces at a time, aswageth a swelling, and expelleth woormes of the belly, mittigateth vlcers, and swellinges of the gummes, if they be often rubbed with it.

What care and skill is required in the ſowing and ordering of the Bucks horne, Strawberrie, and Muſtard ſeede Chapter. 18.

THe Buckes or Hartes horne, whoſe leaues be ſweete in taſte, and ſomewhat ſaultie, is at this day ſowne in Gardens, and yearely vſed in Sallets, and requireth a ſmall labour, before the beſtowing in the Earth, foraſmuch as this hearbe ſo well ioyeth in the earth, not laboured and dreſſed, as afore prepared.

But if the owner minde to haue the hearbe thick tuft, and fayre to the eye, he muſt often clippe the toppes of the leaues, and preſſe the head downe by ſome waight, or properly tread with the foote on it: for on ſuch wiſe handled will the hearbe be procured to grow downward and into a breadth.

This eſpecially in Sallets in the ſommer time, although the ſame haue no apt ſuccour nor taſte.

The Strawberries require ſmall labour and dilligence in the beſtowing in the Earth, ſauing that theſe ioy to be ſet in ſome ſhadowie place of the Garden, in that theſe rather deſire to grow vnder the ſhadow of other hearbes, then to be planted in beddes alone: and planted vnder the ſhadow of high trees, theſe proſper without any trimming of the Earth.

Here note a marueilous innocency in ỳ ſtrawberries, that although theſe creepe low by the earth, and that diuers venemous things creep ouer the hearbes, yet are theſe in no maner infected with any venemous contagion, which is a note, that the hearb (of propertie) hath no affinitie with poyſon. This hearb by dilligence of the Gardener, becommeth ſo great, that the ſame yeeldeth faire and big Beries, as the Beries of the Bramble in the hedge, and hereof it ſeemeth, that Virgilianus Seruius named the Strawberie, the Mulberie of the earth. Certaine ſailfull men, by a dilligence and care, procure the Beries to alter from the proper red colour, into a faire white, delectable to the eye.

The Muſtard ſeedes deſire to be ſowne in a fatte grounde, and to be committed to the Earth with fine pouder duſt, both before & after the winter, theſe after the cõming vp, require to be often weeded

and

and watered. But the ſeedes may not be ſowen too thicke, in that the plantes multiply and ſpread into breadth. After the plants haue enioyed ſtrong roote in the earth, they are hardly plucked vp by the rootes, and the ſeedes may well be kept for fiue yeares, which the newer they be, ſo much the better to ſowe, and to be eaten. The goodneſſe of the ſeed is knowne in the breaking or cracking of it betweene the teeth, whether the ſame be found greene or white within: for if this be white, the ſeed is olde and nothing worth, neither to ſow, nor to eate. The ſeedes which the owner would keepe for to eate, thoſe plants muſt be remoue, after certain leaues ſprung vp, and ſet them a good diſtance aſunder, whereby the tops may buſh and ſpread the broader, but ſuch plants which the owner would haue runne vp to ſeede, thoſe may bee not chaunge, nor remoeue out of the propper places.

The Phiſicke remedies and helpes of the Buckes horne, Strawberie and Muſtard ſeede.

THe Hartes horne hath the propertie of heating and drying, for which cauſe taken in drinke, it ceaſeth the griping of the bellie: yea this vſed helpeth the grieſes of the ioyntes, ſtrengtheneth and expelleth the euill matter in them.

This hearbe after the minde of Dioſcorides, hath the propertie of binding, ſo that the ſame be profitably giuen in red wine, for the perilous Fluxes.

Certaine report that if foure rootes of the Buckes or hartes horne be either diligently hanged about the necke, or bound to the pulſes of both the hands, that theſe in ſhort time do put away the Feuer, or at the leaſt, moiſture the heat or burning of the feet.

The Berries aſwell as the hearde of the Strawberry haue the vertue of cooling and moiſtening in the third degree, and the hearbe it ſelfe indureth not aboue a yeare.

Vigonius writing of the Strawberrie leafe, affirmeth the ſame to be of a colde qualitie, eſpecially, the iuice of which hearbe mixed with the wine of Pomgranats, & a little quantitie of Roſe water, applyed on hot impoſtumes (both in the beginning and increaſe of them) doth maruellouſly helpe. The Berries eaten with white wine, and a litle

Suger, dooth marueloully amend the hardnesse and swelling of the splene: the selfe same dooth the iuice of the Berrie, taken with hony: the leaues sundry times vsed in a bath, is said to be most profitable against the stone. The leaues and roote orderly applyed, do heale as well woundes as vlcers. These also procure the termes, stay the bloodie flixe Disenteria, and cause vrine: the decoction of the hearbe and roote drunke, helpeth the inflamations of the Liuer, and cleanseth both the kidneis and bladder.

If any shall be mightily molested with grieuous ache and paines of the hips, let him take three or foure handfulls of the Strawberry leaues, and boyling them tender, sit in the bath, and rub the legges well (with the licoure and leaues) from the nether parte vpwarde: which done and throughly dryed with a warme cloth, apply this oyntment following, prepared after this manner: take of the ointment of March Mallowes one ounce, vnto which mixe halfe an ounce of stone honny, and a dramme waight of wax, making thereof an ointment by a soft fire: this on such wise handled, not onely amendeth the grieses of the hippes, and softneth the matter hardned in them, but prouoketh vrine, applyed on the propper place.

The decoction of the hearbe and roote, holden in the mouth, and washing or rubbing the teeth and gummes with it, doth not onely strengthen the gummes and fasten the teeth, but staieth the distillings from the head.

The Berries in sommer time, eaten with creame and suger, is accounted a great refreshing to men, but more commended, being eaten with wine and suger: for on such wise, these marueilously coole and moisten chollericke stomackes, or such being of a chollericke complexion.

The iuice of the Berries pressed foorth, and the water of Plantain added, of each eight ounces, to these mixe two ounces of Rosed hony, one ounce of the iuice of the Mulberries, of white Greeke pitch, and the flowres of the Pomgranat, of each a dramme waight, these after a diligent beating and mixing together, wash and gargell the same in the mouth sundry times, for this in short time remoueth and putteth away the impostumes of the throat. Among other commodities which the Berries yeeld, the iuice or wine pressed forth of them,

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is a ſoueraigne remedie for the remouing of the great redneſſe, ſpots, and red pimples, which happen on the face through the heat of the Liuer: the ſelfe ſame aſſwageth & putteth away the rednesse of the eyes, the ſpots and hotte diſtillings from the head, by dropping it ſundry times into the eyes. The decoction of the roots & leaues of the ſtrawberrie in wine is marueilous profitable for the Iaundiſe: being taken diuers mornings faſting. The decoction only of the roote taken, doth mittigate the heat of the liuer, ſo that the ſame be dronke in the morning, and at none: the heade eaten with vineger & a little white pepper, doth greatly helpe ſuch ſetching the winde ſhort: the Berries alſo eaten, do ceaſe & coole thirſt, for which cauſe, profitable to the ſtomack, but theſe eſpecially commodious to the colericke. The Muſtard ſeede heateth and drieth in the fourth degree, and it is like to the rape ſeed, ſauing that the Rape ſeede is bitter, and the Muſtard ſeed ſoure. The goodneſſe of the Muſtard ſeed is known in the breaking of it: which if the ſame be moiſt & white within (although new gathered) yet profitable to vſes. This hath the vertue of heating & ripening. The force & nature of the Muſtard ſeeds is to heat, extenuate, and draw ſoorth, as the worthy Dioſcorides reporteth. The Muſtard ſeds braſed with the freſh root of Enula Campana, and applied on impoſtumes, breaketh them without paine: the ſeeds braſed and tempered with vineger aplied on the bit of a venemous beaſt, doth ſpeedily cure the ſame. The ſeedes chawed and retained vnder the tongue, preuaile againſt the palſey of the tongue: the ſeedes do like profit againſt all the kindes of palſeys, happning in any parte of the body: if a linnen bag filled with the ſeedes and boyled in wine, be applyed on the grieued place, being eſpecially vſed in the beginning of the infirmitie. The ſeeds after the braſing with cumin and figs eaten ſundry mornings, doth deliuer and helpe the dropſie, the ſeeds after the miring with water and hony ſundry times gargelled, amendeth the bliſtering or ſores of the mouth, and aſſwageth the ſwelling of the threate. The iuice of the Muſtard ſeed, take diuers mornings faſting, doth procure a good memorie: the oyle drawne out of the ſeedes, is a ſoueraigne ointment for the colde Gout, Sciatica, and feebleneſs of ſinewes. The iuice of the Muſtard ſeed dropped into the eyes, doth ren cure the dimneſs of ſight, and put away the ſpots and web in them: eaten in the creating cauſeth thirſt, and procureth the venerial act.

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The person which euery morning fasting, shall swallow downe two seedes at a time, shall be free that day from the falling sickenesse: the seede boyled in wine, and drunke, amendeth the hardnesse of fetching breath: the pouder of seeds drawne vp by the nosthrills, not onely procureth the creature to sneese, but marueilously purgeth and amendeth the braine.

If a like waight of the Mustard seede, Pellitorie and Ginger be bruised, and after well mixed with rosed honny, the mouth bee washed with the same, and this for a good whiles holden in the mouth, doth marueilously clense the braine of humors, of which the grieuous paine of the head most commonly succeedeth. The same also amendeth the falling of the Vuula, and vlcers of the throat.

The Mustard seed (as Dioscorides writeth) eaten, draweth down and purgeth by the mouth, the fleume gathered in the head: the iuice of the hearbe mixed with water and honny, gargelled and holden a whiles in the mouth, doth remoue the hard knobs and swellinges of long continuance of the Iawes, the pouder blowne or drawne vp by the nose, to procure the creature sundry times to sneese, not onely profiteth such a one hauing the falling sickenesse, but amendeth the suffocation of the Matrice, and falling out of place. And against the dulnesse of the head, and often sleeping (the head afore shauen) is the oniment or plaister of the seedes profitably applyed: the decoction of the Mustard seed in wine, holden in the mouth for a whiles, dooth cease the ache and paine of the teeth comming of cold: and drunk, breaketh the stone of the bladder, and procureth the Termes.

The person which coueteth to prepare a cleare voice to sing, ought to take the meale of Mustard seede, and after the working of it with hony, to make litle balles of the same, and of these to take one euerie day, which on such wise vsed, will procure in short time a cleare voice.

The cõmended vertues of the distilled waters both of the Strawberie, and plant of the Mustard seede

The best time for distilling of the Berrie is, when they are neare ripe, yet that they be not euer ripe and sett, which after the gathering

ring and ſprinckled ouer with Suger, ought to ſtand cloſe couered in a glaſſe, vntill they appeare mouldie, before the diſtilling in Balneo Mariæ. The berries which grow in woodes ſtanding on hilles are better commended to the vſe.

The water of the berries drunk, and mixed with the ſame, amendeth an euill or an vnnaturall heate, and ceaſeth thirſt, proceeding of the Liuer, or of Choller: the water drunke vnto ỹ quantity foure ounces at a time, both morning and euening, not only cooleth the liuer, looſeth the breaſt, refreſheth the heart, purgeth the blood, and helpeth the kinges euill, but preuaileth againſt the ſtone of the Loynes, Kidnies and Bladder.

The like quantitie drunke profiteth againſt bliſters and ſores in the mouth, the vlcers and ſwellings in the throat, and ſtrong ſauour of the mouth, proceeding of the gummes and teeth, if this water alſo be gargelled in the mouth and throat.

The water in like order drunke of women, purgeth them & procureth the Termes. The water drunke vnto the quantitie of foure ounces at a time, both morning and euening, (or at the leaſt in the morning) and linnen clothes dipped in it, being applyed twice a day to the leg broken, doth in ſhort time recouer and helpe the ſame.

The water healeth al foule legges, if after the dayly waſhing both morning and euening, linnen clothes wet in it, be applyed vppon: this in like manner cureth filthy woundes, if they ſhall bee waſhed with the ſame, or if any ſhall vſe of the water in his drinke, this water alſo ſwageth the ſwelling of the face, by the often waſhing with it.

The water drunke morning and euening, vnto the quantitie of foure ounces at a time, with an ounce of pure Aqua vitæ, helpeth (no doubt the Leapzy, in that this drunke purgeth blood, by the ſundrie times vſing, or otherwiſe a white toſte of bread, after the wetting with this be eaten faſting, which on ſuch wiſe vſed doth remoue the foule ſcuffe and ſcabs on the body.

The water after the well tempering with Suger, diſtilled ouer againe in Balneo Mariæ, is very ſouereigne for diuers purpoſes, in that the ſame not onely cooleth, cleareth and remoueth ſpots of the eies, but comforteth nature, expelleth poiſons, prouoketh the terms, aſſwageth burning humours, and comforteth conception: yea this

is a most effectuous ointment for the eies, in that the same stayeth teares or watering of the eies, cooleth the great heate in them, and restoreth a dimme sight.

This water also applied sundry times with a linnen cloth wet in it, doth marueilously coole and put away the red pimples and redneſſe of the face, yea and cleareth the same contrary to hope.

The vertues commendable of the distilled water of the Strawberie leaues.

The apt time for the distilling of the herb in either Balneo Mariæ or a Tin Limbecke is in the middle of Maye. This water drunke vnto the quantity of foure ounces at a time, both morning and euening, doth remoue and helpe the kings euill.

The water in like order drunke, looseth the breast, purgeth the Lungs, helpeth the cough, and cleanseth the Leapry: The water dropped into the eies both morning and euening, doth remoue the rednes of the eyes and mittigateth the heate in them.

The water like drunk, ceaseth the ouer much sweating, and for the heate and stopping of the Liuer, there is nothing more healthfull and profitable.

The whole herbe bearing flowre of the Mustard seede, after the finely shredding, ought to be distilled in a Tinne Limbecke, in the beginning of June. The water amendeth the vlcers of the gummes, if the same be holden a while in the mouth, and the gummes often washed therewith. This water helpeth vnto the consumption of members, if they be bathed and rubbed with the same: for the members through the same, doe recouer in short time strength and flesh. This water heateth the marrow in the bones, if they be often rubbed with the same, and the water to drie in alone. This water profiteth against the cold disease and ache of the ioynts, if they be often rubbed with the same, and the water suffered to drie in by it selfe.

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What skill and care is required in the sowing and workmanly ordering of the Leekes and Ciues. Chap. 19.

THe Leeke for that it is a root of the Garden to be eaten and often vsed in the potte, therefore I will first intreat of the same, which (as the moste skilfull report) desireth to be sowen in a fruitfull and battle place, and lying especially open, whether the same bee in a low place, as the woorthy Rutilius writeth: and to these, that the beddes be levelled, deepe digged, diligently turned, and verry well dunged. The husbandmen in times past, noted two kindes of this hearbe, as the one which grew into a head, like the Onion, and the other into many deuided blades, both long and straight, whose budh sprung vp, is wont to be cut neere to the ground, and this way vs is named the vnset Leeke. The owner or Gardener which would possesse vnset Leekes, ought to cut the greene blades come vp in the beddes, after two moneths of the sowing. For these (after the minde of the learned Collumella) will endure the longer, and encrease farre bigger, if after this cutting they be remooued and set againe, and how often the greene blades shall be cut, so often the hearbe is holpen with water and new Cow-dung. And vse instructeth euerie carefull owner as the saide Authour reporteth, that in the remouing, such skill must be vsed for the newe setting, as when they be growne into a bignelle in the head, to be remoued certaine distances asunder, as foure fingers breadth between either set, and when they shall be growne to a further strength, and bignelle, to be againe cut. The Leekes soften ought to be watered, dunged, and weeded, as need requireth the same, and the place is to be often raked ouer, whereby the plantes may encrease the better, through the helpe of the often killing and casting forth of the vnprofitable hearbs or weedes. As touching the Ciues and vnset Leeks, they may like be bestowed in the earth, as the Leeke bearing the head: And the seeds of these may be committed to the earth at any time, if so be the owner ensureth not for the yeeld of the seedes: but they otherwise ought to be sowne in the monethes of December, Januarie and Februarie, for the gathering and occupying after the meneth of Marche, vnto the midst of August. And the plantes after the sowing, when the blades be well shotte vp, ought lightly to be troden downe

with the foote, and not to be watered for foure daies after. When the yong and tender blades be shot out of the seedes, and that the owner mindeth to haue the heads growe bigger, he ought not after ỹ pulling vp to set them againe, before all the small rootes bee cut away, and the greene blades nigh halfe cut off, which done, ỹ small potshards, or oystershelles, be laide (as it were) right vnder each head, and then diligently couered with earth, wherby the heads may so increase the bigger: in the which doing, the worthy Greek Sotion forbiddeth the watering of them till foure dayes after (if a drouth ensue) otherwise water them not at all. The skilfull Neapolitan Rutilius instructeth, that when the Leekes be growen to a finger bignesse, by cutting the blades halfe away, and the hayre rootes quite (least these seede and draw away of the substance) then in the setting in earth mired with sand and annointed fresh with cow-dung, let the plantes be distant in beddes well foure or fiue fingers one from the other, and when these haue sent foorth roots sufficient long, let the owner (gently putting vnder his dibble) raise softly the heads, that these remaining (as hanging on the earth) may on such wise fill the roomes or emptie spaces by the greatnesse of the heads growing. And that in fewer words I vtter this instruction, if so be the owner would enioy vnlet leekes, he may bestowe the Seedes in beddes the thicker togither. If these do growe into a head, then the thinner in the earth, which shall cause them to prosper the better through a daily weeding, and feeding with fresh cow-dung.

The seedes ought to be committed to the earth, in the months of Aprill, May, and June throughout to possesse the hearbes in the Sommer time, in the harueſt, September, and October, for to enioy the plantes in the Winter time, but these especially require, to be often weeded and dunged, which grow into heads: the Leeke shal yeeld a far bigger head and stem, as after Columella Rutilius wrote: yea before them both the worthy Greeke Sotion, if in thinne linnen cloutes, or clothes much worne: the owner shal bestow & tye vp many Seedes togither, which so handled, to couer diligently with soft dung and earth, and immediatly to water them so lying in the earth, for these thus knit vp (through the running of the Seedes into one) will send foorth Leekes of a wonderfull bignesse, which practise also may the husbandly Gardener trie in the other seedes of plantes.

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A like experience will come to paſſe, if the owner beſtowe a Rape ſeede into the head of a Leeke, without making a hole, with any Iron inſtrument, which ſo handled, ſet into the earth, for on ſuch will it growe verry big, as both Rutilius and diuers Greeke inſtructers of huſbandry report. There be ſome, which making holes in the heade with a wodden pricke, or piece of elder Cane, or elſe a Reede ſharpened, beſtow (in place of the Rape) the Gourd ſeedes. Others there are, which taking vp ſo many ſeedes as they can handſomely retaine with three of the fingers, and poured into a thinne reede, doe commit, thoſe to the earth, with ſoft dung couered and laid about, which practiſe doth euen like agree to the former vttered.

The ſaide Greeke Sotion commendeth and affirmeth, that immediatly after the ſeedes ſhall be ſowne, the ſoft earth of the Beddes be trodden with the feete into ſmall and ſhallow furrowes, and the Beds for three dayes (as if they were neglected) not watered at all but in the fourth day, to be holpen through the ſprinckling of water on the beds, for ſuch wiſe handled, the blades comming vp, will growe (as he reporteth) the more buſhie and fairer to the eye, yet if the owner, betweene ſowing and planting, ſhall mixe ſand with the earth, the blades will ſhoote vp the fuller and bigger.

The ſaid worthy Greeke Sotion addeth and affirmeth, that if the owner ſhall eat a little Cummine ſeede before, he ſhall breath forth no ſtinking ſauour at all of the Leeke, although he ſhall eate a great handfull at a time of the Leekes, for by eating of the Cummine ſeed is the ſtrong ſauour extinguiſhed or put away.

Heere out of Petrus Creſcentius I haue added, as a matter worthy of the noting, that the Leeke ſeed throwne into a veſſell of wine, cauſeth that the wine ſoureth not, but rather that vineger returneth into wine, that is, putteth away all the egernesſe.

This to conclude, conceiue that the Leeke in the eighteene day after the ſowing, to ſhoote and appeare (for the more parte) aboue earth, and to endure for ten yeares, after which time to yeeld ſeeds, and die.

The Phisicke helpes of Garden Leekes.

The Leeke, after the minde of the auntient, heateth in the third degree, and drieth in the second, especially, the Garden Leeke whose seedes may well endure to purpose, for two yeares.

The worthy Greeke Sotion (of whom we haue afore mentioned) vttereth, in his singuler precepts and instructions of husbandry, that the Leeke, brused and applyed, do cure the bit of a venemous beast, sooner than any other medicine, and the seedes of it drunke with the licour of raisons, to recouer and helpe the difficulties of making water.

To these, to help and stay the long and old spitting vp of blood, if at conuenient times, in two drams of the iuice, with the like waight of the pouder of Pyrtill berries or Gaules, and the meale of Frankinsence, the same be drunke.

But the singular Hippocrates willeth the iuice to be ministred without any mixture at all, and forbiddeth the dayly, or too much eating of Leekes, in that this not onely harmeth and dulleth the sight of the eies, but offendeth the stomacke which shalbe procured the lesser harmefull, if so be the Leeke shall so long be boyled, vntill it becomes as soft (in a manner as a pap, for on such wise handled, the same is supposed no lesse to nourish then flesh.

The iuice of the rawe Leeke is recited and accompted (with Pliny) among the venemous matters: for the report is that Mela (a man of worthy birth) accused and sharply blamed of Tiberius for misusing of the office giuen to him of the Prince, who after falling into mightie desperation, and drinking vnto the waight of three siluer pence of the iuice of the Leeke, dyed immediatly without griefe of bodie, But such like are rather with silence to be ouerpassed, then opened for instruction sake.

But to returne to the Phisicke helps: the Leeke twice sodden before the eating, drayweth downe the Termes, procureth vrine, and obtaineth a superfluous heate: the iuice of the Leeke mixed with vineger, applied on the forehead, stayeth the bleeding of the nose: the Leeke eaten rawe causeth vomitting and is venemous, this also putteth away drunkennesse, being eaten rawe.

The iuice of the Leeke taken with womans milke, amendeth an olde

old cough, and the vlcers of the Lungs: the Leeke vſed and mixed with Salt, applyed on euill paſhes healeth them: the Leek brought into pouder, and tempered with the oyle of Roſes and vineger, and dropped in the the eares, remoueth the griefes of them: the ſame alſo profiteth in like maner againſt the tooth-ach.

The Leeke bruſed with honny, and applied, purgeth vlcers: a plaſter made of the ſame, and applyed on bruſed members, doth not only aſſwage the ſwelling, but remooueth the blood clotted.

The iuice of it drunke with womans milke, ſtayeth the flure of blood after birth, the ſame alſo applied with vineger, ceaſeth the bleeding of the noſe if the fine pouder of Frankinſence be added to it, and drawne vp by the Noſethrills.

The iuice of the Leeke drunke with hony, profiteth againſt paines or aches of the hippes, the iuice of the Leeke taken with honny, recouereth all defaults of the breaſt and ſtomacke, the ſame ceaſeth an old cough, and griefes of the breaſt and Lungs: and it helpeth the dropſie, through the ſundry times taking faſting.

Heere I will not omit the practiſe out of Galen, that the Leekes tartneſſe may be abated, and to engender the leſſe winde, if the ſame boyled in two waters, the cold licour in the end may be poured forth, & the herb eaten, by which means it is ſaid, that this ſtaieth the flire of the belly, and to amend a hoarſe voice: yea, through the ſoftnes of it, to make ſmooth the roughneſſe of the iawes and mouth.

For to purchaſe a cleere and ſounding voice, Nero accuſtomed to eate the Leeke with Oyle, in certaine daies of euery month, when he contended for the ſeigniorite of loud pronouncing and vttering of wordes. At which times, he onely tooke or eate nothing, ſauing bread, as Plinie writeth of him, which reporteth this to be meant of the vnſet Leeke, to which the Prince Nero attributed a ſinguler commendation.

If two partes of the iuice, with a third parte of honny bee mixed, applyed into the Noſethrilles or eares, it doth marueilouſly helpe the grieuous paynes of the head, the iuice applyed vp, doth marueilouſly preuaile againſt the exulcerations of womens priuy places.

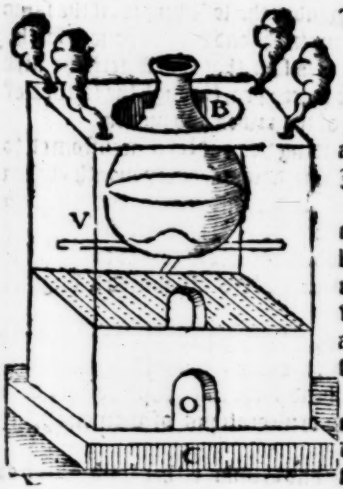
The ſeedes of the Leeke bruſed, and drunke either with Cuite or pleaſant white wine, doth looſe the difficulties of making water,

and

and openeth the vrinall passages: the iuice of the Leeke drunk with wine, doth aid forward the delinery of childe, the Leeke seede after the bruising with Myrre in the iuice of Plantain, is verry soueragne for the spitting of blood, and staying the bleeding of the nose.

The iuice of the Leeke powred on such woundes, which are become colde and putrified, doth both clense away the rotten flesshe, and cureth the wounds: if the iuice be mixed with the rootes of white Lilies and annointed warme on the hips, it dooth speedily remoone the ache of them: the fresh iuice applyed with salte on the new cuttes or woundes, doth incontinent close them.

The learned Dioscorides reporteth, that the Leeke moueth & prouoketh the veneriall act, the same with honny, in forme of an Eclegma, sucked or suffered to melt downe, cleanseth and amendeth all defaults of the breast: the same like vsed, recouereth the wasting of the Lungs: yet the Leeke often and much at a time vsed, doth burden the stomache, procureth thirst, and inflameth the blood.



The commended helpes of the distilled water of the Leeke.

The roote onely of the Leeke being shred, is to be distilled in a Tin Limbecke, in the moneth of June.

The water drunke vnto the quantitie of two ounces at a time, both morning and euening, is a soueragne remedie for the spitting vp of cold blood: this also is auailable, being sundrie times drunke, for a barraine woman.

The water of the Leeke, stayeth bleeding of the nose, if cotten dipped imit be often applied: the same drunke amendeth a costiue bellie, and ache of the hippes, purgeth the kidneis and bladder, procureth vrine, & expelleth the stone.

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The water speedily healeth woundes, if they be washed morning and euening with the same, this also profiteth vnto the vlceration and fracture of womens places, which is woont to happen after the deliuery of childe, if so be the places be washed with the water, both morning and euening.

What skill and diligence is required in the workmanly sowing and ordering of the Onyon.

Chap. 20.

That the Onyons haue a body compassed & compact with manie cartilages, there is none (I beleeue) which knoweth not.

The auntient husbandmen (as witnesseth Columella) named these Onyons, because they grew in one round head togither, yet not ioyned togither with so many heades round about, as the Garlike, which vnto this day is familiarly named the Onyon of the husbandmen with vs.

The Onyons for the more part ought to be sowen in the moneths of Ianuary, February, and March, in a fatte earth well dunged, moist, and diligently trimmed, which shot vp to some heigth, ought to be remoued in the moneth of Aprill, a good distance the one from the other, and these further growen, ought carefully to be wæded about, and often laboured to cause them growe the bigger, and to defend them (in time of a blustering winde) by helps set against. The worthy Neapolitan Rutilius writeth that the seedes desire to be bestowed in a fat earth, often turned and raked, mopst and dunged, and red also, as the Greeke Solon in his husbandrie willeth: which afore ought to be cast vp, that it may putrifie through the colde and frostes in the Winter time, (as the skilfull Columella vttereth:) after these the earth to be dunged and within two dayes after, the ground leauelled foorth, and cast or troden into beds, all the rootes and vnprofitable hearbes afore clensed out. These workmanly handled in the moneth of March, being a pleasant and a calme day, the South or East wind (at that time blowing) the seedes shall workmanly bee committed to the earth, with Sauerie intermedled betweene them (as Plinie willeth) for so the plantes prosper the better. The wor-

thy Greeke Sotion admonisheth the Gardener which would set Onions, to cut away all the hairie rootes and tops of the græne blades (before the bestowing) whereby they may growe to big heades. Others there are, which onely plucke away the blades nigh to the roote, for on such wise they send the iuice to the nether partes, to cause the head grow bigge: But these (after the minde of Rutilius) ought in this maner to be placed or set thinne in beds, and both raked and weeded (if these not often) yet foure times at the least, as Plinie willeth: who also taught, that the ground be digged, and cast vp three times before the bestowing of the seedes in the earth.

If the Gardener commit seeds to the earth in the wane or decrease of the Moone, he shall pollesse small and sourer ones, if the seedes in the increase of the Moone, then strong and bigge, and of a moyster taste, with the sourenesse maistred. But the same not to be vntemembred nor ouerpassed, that in all the kindes of Onions, the same somwhat long and sharpe, is wont to be sourer than the rounde, and the red one more than the græne, and the raw more than the boyled, the fresh also, more then that seasoned or powdered with salt, or the sodden one.

The Gardener or owner shall pollesse farre greater Onions, if when there is a place or roome for the setting againe, they be layed in earth wellilaboured for twentie dayes space, and so long left drying against the sunne, vntill all the moysture be gone or drawn forth by heate of the sunne, after the instruction of the worthy Greeke Sotion, which Ruellius (out of Palladius) seemeth greatly to mistake, in that he ascribeth the same to be done to the Dill, and not the Onions, whose heads may also be bared, by plucking off the vpper skin, before the setting againe in the earth, to prosper the better, and yeeld the bigger seedes, if they be set in the earth well a hand breadth asunder.

The heades to be eaten before the full ripenesse, that these may be the sweeter, ought rather to be sowen in a moyst ground, among the yong Plants of the Cucumbers, Gourdes and Melones.

If the owner will rightly pollesse, and gather the Seedes in due season, when the greene stemmes are shot vp high, and yelde bigge heades, they are then to be guided with two small forkes of wood, fixed on either side (as Columella willeth) that the stems, through

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the ſtayes ſhoaring them vpright, may not in any bigge winde, knocke the heedes together, to the ſpilling and loſſe of the Seedes on the earth, which are not afore to be gathered, that they enioy a blacke colour, as after the Greekes, Collumella and Rutilius likewiſe vttered.

The ſtemmes and knops, in which the ſeeds are contained, ought to be gathered in the decreaſe or the wane of the Moone, in a cleare warme time, when the leaues or blades beginne of themſelues to wither and drie, and that the ſeedes beginne to appeare blacke of themſelues, for then ought the ſtemmes to be plucked vp by the roots, which knit together in forme of Garlands or otherwiſe bound vp, to be laid in the ſunne to drie and ripen. The Onions will continue long vncorrupted (as the ſaide Sotion hath noted) if ſo the Onions be put into water, or (as Plinie willeth) into a ſaltie and warme water, and after laide in the hote Sunne, vntill they be throughly drie, which let be hidden or couered with Barly ſtraw, and in ſuch maner beſtowed, that neither touch other by any part. In many places, the Onyons be hanged in the ſmoke and in chimnies nere to the heate of fire, and in ſuch wiſe preſerue them a long time.

The auncient and skilfull writers of huſbandry vtter, that if the Gardener would poſſeſſe Onions of a wonderfull bignеſſe in y head, the ſeeds of the Onion muſt be put within the ſeeds of Cowcumbers, which ſo handled beſtow in moyſt beds, well turned in with dung, into a like bignеſſe will the heades of the Onyons increaſe, if the earth digged round about, the ſmall heades of the Onyons, in the heauing or lifting of the earth, ſhall be lifted vp, yet in ſuch manner done, that the heades not quite raiſed out of the earth or plucked vp by the roots, as I afore vttered to be wrought with the Leeke. The like alſo ſhall the owner obtaine, if boaring the head of an Onion, with a wooden pricke, in ſundrie places, and putting into the holes Cowrd ſeedes, he beſtow them together in a well labored earth.

But in this place I thought not to omit, that if the Gardener ſhall commit the Seedes of the Onions in the time to the earth, they will after grow into a head, but they ſhall yeelde leſſe store of Seede. But if the Gardener ſhall beſtow little heads in the ground, the heads will after wither and ware drie, and be ſhotte vp into a round ſtemme.

To theſe I adde, that the Onions pluckt out of the ground and lying vpon the earth, or hanged vp in ropes, doe continue longer ſound in the ayre: but if wee may credite Ariſtotle in the Summer Solſtice theſe as the Penny-royall, and many other hearbes, doe at the ſame time flouriſh, which may be as if they were of a doubtfull life, that one while taking nourſhment out of the earth, and another whiles from the ayre. But the Onyons lightly bud and ſhoote out, not being in the earth, and ſend forth faire greene blades by occaſion of the moyſture in the heades, but after the ſtemme ſhall be full ſhot out, the heades wither.

To which Plinie wrote, that the Nuts be contrary, in that theſe do abate the ſtrong ſauour of the Onion. I read that many ſkilfull Gardeners vſed to ſowe the Onyons and Garlike neere to Garland flowres (but eſpecially the Role) to procure them to yeeld a ſweeter ſauour, and the ſame done by the counſell of the auntient and the worthy Plinie, which in my opinion, deſerueth to be followed.

Surely, this one thing is greatly to be marueiled at, that the Onyõ alone of all hearbes, as Plutarch writeth, receiueth no damage of the Moone, and hath contrary vertues of encreaſing and diminiſhing to her: for the Onion becommeth greene, and budeth forth in the waine or laſt quarter of the Moone: contrariwiſe the encreaſing of Light, the Onyon then withereth and rotteth.

For which cauſe, the Egyptian Prieſts in time paſt, refuſed the Onyon in their Religious meates, where otherwiſe, Fruites, Hearbes, Trees, and Beaſtes, receaue a dammage or diminiſhing and increaſing through the occaſion of this Starre, ſo that the Onyon onely obeyeth vnto the contrarie turnes of the Moone, whoſe preſeruing vnto the Winter time, Columella prepared after this manner: hee choſe the Onyons or Scalyons (that are all alike) which be not budded forth, or that greene blades appeared, and theſe dryed afore in the hote ſunne, after which cooled againe in the ſhadowe, by ſtrewing vpon Time or Sauorie, hee then laid them by courſes, with either of theſe ſtrewed between in an earthen pot, and by powring the licour vpon, which was three partes of vineger, and one of wine: hee ſtrewed then a good handfull of Sauery (in ſuch maner) that the Onyons were couched or preſſed vnder the Licour, which when they had drunke vp the Licour, and ſeemed

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to lye drie, he poured vppon and filled the veſſell with the like mixture, and in an apt place ſet the pot to preſerue them to vſe.

This one thing I will not omit, although the ſame may ſeeme childiſh, in that it is noted by the learned man Cato, who writeth, that the letters drawen and written with the iuice of the Onyon are inuiſible, which then ſhew and appeare euidently, when the paper ſhall be heated at the fire: to conclude, the Onyons ſet in the midſt of Auguſt in a red earth, do yeeld the yeare following their high ſtems and ſeede, but the worſer will thoſe be, which are beſtowed in the earth, to ſerue greene in the Lent time.

The phiſicke commodities of the Onyon.

ALthough the worthy Greeke Hippocrates more commended the ſight, than the eating of ẏ Onyon, ſaying that the ſame in ſight to be good and in bodie euill, forasmuch as it is hote & burning: yet I purpoſe heere to entreat ſomewhat of the Phiſicke benefites of the Onyon, and of theſe, part faithfully gathered out of the Greeke, and part out of the Latin Writers, aſwell Phiſitions, as cunning and moſt diligent ſearchers of huſbandly ſecrets.

The Onyon hath the propertie of heating in the fourth degree, & of a groſſer ſubſtance, as Galen witneſſeth.

The Greeke Sotion (both huſbandman and phiſition) is Author, that if any ſhall dayly eate the tender Onyon faſting with honny, it ſhall maintaine the continuance of health: the ſaide Authour reporteth beſides, that the ſame recouereth and cureth vlcers: to theſe, that it remooueth the foule ſpots on the body, being diligently rubbed with it in the Sunne, and to profite the eares running, by dropping the iuice into them. The ſame annointed, helpeth the ſwellings in the throat, and theſe roſted vnder hote embers, and eaten with oyle, do helpe the cough.

The Onyon after the roſting eaten with honny, doth remoue the griefe of an euill ſtomacke: the Onyon eaten raw harmeth the members, in that it too much drieth the moiſture of the body: the Onyon alſo eaten raw procureth a rough throat, and ſwelleth the ſtomacke: the Onyon notwithſtanding applied with vineger on Pi es, doth in ſhort time open them: the iuice of ẏ Onyon is profitably annoynted

with honny for the clearing of the eyes, and both remoueth the pin and webbe, and amendeth the blood-ſtotten eyes: the iuice annointed on a bald place, recouereth the haires ſhed away.

There be which affirme, that the greene Onyon applied with vineger doth helpe the bite of a mad dogge within three dayes, but I rather ſuppoſe that the iuice added with Rue, Salt, and honny, and after the beating together workmanly applied, to performe the ſame: the often eating of the Onion, harmeth the cholericke, by procuring them hotter and drier in ſtomack: but this is to great purpoſe vnto the flegmaticke, in that it cutteth a ſunder, and conſumeth the ſuperfluous humours in them.

The Onion roſted in embers, and applyed with barly meale doth ſtay the dropping of the eies, and helpe the vlcers of the pituities: the iuice beſides dropped with womans milke into the eares, is ſaid to amend the paine and noyſe of the eares. Which alſo many haue giuen to perſons ſodenly ſwollen, by the drinking of water: and they haue proſperouſly giuen the Onyon to ſuch as are molested with the pritilous flure Dyſenteria: and theſe applyed, haue marueilouſly profited the griefs of the Loynes, and the iuice of them with the iuice of Fennell, expelleth the water beginning betweene the fleſh and ſkinne, which together with the Rue, and honny, recouereth the downe right ſlumbering and ſleeping, and with Raiſons or Figs, applied on impoſtumes, both ripeneth and ſpedely openeth them.

The Onyons after the roſting vnder hote embers eaten both morning and euening, not onely help the pains of the breſt but cauſe an eaſie ſpitting vp of groſſe humours, and purge the ſtomacke: the Onion after the miring with honny and ſalt, applyed on wartes, doth make them ſpedely fall off euen by the roots.

If the Onions be often vſed through their ſharpneſſe, they ingender in the ſtomacke euill humours, procure thirſt, ſwellinges and windineſſe: yea, cauſe head-ach, and to become fooliſh, through the fumoſitie of them aſcending to the head, and harme the Braine: for which cauſe, the dayly and too often vſing hinders reaſon, & procures terrible dreames, if ſo be a weake perſon newly crept out of ſickneſs ſhall much eate of them but eſpecially raw, in that theſe giue no nouriſhment to the body.

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I adde out of Galen, that if the Onions shalbe twice sodden, each water separated, and in the third water boyled, to giue a very good nourishment to the eater, being boiled with a fat flesh, & other pleasant spices added, yet are they weaker than the greene in working, although the euilnesse of the iuice be no longer remaining, nor felt.

The raw Onion moderately vsed, according to the rule of Physicke, heateth and cutteth asunder grosse and clammy humours, openeth the waies of the vaines, prouoketh the Termes and vrine, and increaseth the appetite: the iuice also drawne vp by the Nosethrels, or the sauor receiued by the Nose, purgeth marueilously the head.

The Onion is better commended to be eaten, than the sauour allowed, in that the person which daily eateth of the yoong and tender Onions with Honny fasting, shall continue a longer time in perfit health and strength.

The iuice remooueth the white spots as well on the face, as body: the iuice applied with Hennes grease, healeth the kybes, galling of the heeles by a straight shooe: the iuice mixed with Hens grease and annointed, remooueth the red and wanne spots of the face: the Onion vsed with vineger, and annointed on scabbed places, both healeth and causeth a cleere skinne: the Onions after the boyling in wine or water, fried in Oyle, and in plaister forme vnder the nauell, asswageth the painfull gripinges & flure, happening to women in childe bed: the Onions rosted vnder hote embers, and mixed with lewen and oyle of Lillies, and applied in plaister forme on impostumes, speedily breaketh and procureth them to runne.

The commended vertues of the distilled water of the Onions.

THe most chosen and aptest time for the distilling of Onions, is in the first moneth of Haruest, for then ought the rootes to be shred and workmanly distilled: this water drunk foure or fiue times vnto the quantitie of two ounces at a time, recouereth the swelling caused by the bite of a mad dog, or other beast; the same drawne vp by the Nosethrels, asswageth the grieuous paine of the head: the water helpeth the ach and paine of the teeth, if they be either rubbed or washed with the same: this also causeth haires to growe in any bald place of the head, if the same be annointed with it: the drinking the water expelleth wormes.

What

What care, skill, and ſecrets to be learned in the ſowing and ordering both of leſſer, and greater Garlike. Chap. 21.

THe Garlike much deſired, and often eaten of the huſbandman, with fat beefe, and other ſodden meates, loyeth in an earth eſpecially white, diligently digged and laboured without any dung beſtowed in it, whoſe cloues broken off from the head ought to be beſtowed on the borders of beds round about, well a hand breadth a ſunder, about the ſame time when the Onions are: and theſe with the beddes or little ridges made (in ſome to ſuch in the field) to be high raiſed, whereby the plants comming vp may the leſſer be harmed with the ſhowres falling, and the naturall moiſture conſiſting in the earth. The cloues ſet in the ridges and borders of the beds may not be deepe, nor the earth raiſed on them like to hillockes (as many doe) but in an euen manner, and vnto the middle ioynts beſtowed, which when they ſhall haue yelded or ſent vp their blades, then theſe to be diligently weeded about, for through the often doing they encreaſe the better, and yeeld a bigger head.

The Neapolitane Rutilius (writing of the Garlike in his inſtructions of huſbandry) willeth that the Seedes to be committed to the earth in the moneths of November December, Januarie, and Februarie, in a ground well digged and laboured, and the ſame white, without any dung beſtowed in it, beſides the earth the ſame time indifferent drie, and in a warme day: for the ſeedes on ſuch wiſe handled, are cauſed to proſper and yeeld the better. Although the learned Plinie ſeemeth to write that the Seedes beſtowed in in the earth doe ſlowly come vp, whereby theſe in the firſt yeare, onely yeeld a head no greater than a Leeke, but in the ſecond yeare, they growe deuided, and in the third yeare come to their full growth and perfection, and ſuch ſome ſuppoſe to be the fairer and ſeemelier.

The ſeedes of the Garlike with vs, better agree to be beſtowed in the moneths of September, October, Februarie, & March, in a earth white, indifferent dry, and well laboured without dunging. If any happen to remaine in beds (as Rutilius reporteth) after ẏ ſeedes full

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ripe and gone, those then renew in the yeare following of the owne accord, both in the roote and blade, yeeld seedes the same yeare, which may after be sowen in well laboured beddes, to send foorth greene Garlike. If the owner would possesse Garlike both great and bigge in the heade, then before the same be shotte vppe into a stemme he must workemanlie tye all the toppes of the greene blades to an other growing next to it, which after tread softly downe with the feet.

The worthy Rutilius willeth, that when the stemme beginneth to appeare, to couer the same with earth after the treading downe, which in such manner to foresee, that it increase not into a bushe or many blades, this so handled in the hard treading downe, to be daily applyed that the iuice may run to the roote, and cause the head to ware the bigger. The like of which Plinie in his first time experienced. The worthy Sotion in his Greeke obseruations of husbandrie, and also Rutilius with certain others report, that if the cloues of Garlike heads be committed to the earth, & the like pulled out of the grounde, when the Moone shall be discending and vnder the Horizone (as hid to vs) that the stinking sauour will in a manner be extinguished, so that the breath of the eaters, shal very little be felt: which Plinie seemeth somewhat otherwise to vtter, instructing that the heades (vnto the same purpose) ought to be bestowed when the Moone shallbe vnder the earth, and to be gathered when the Moone shall be in coniunction with the Sunne.

The said Greeke Sotion seemeth to affirme, that the Garlike heads may be caused to grow sweet of sauour, if in the setting the kernels of Oliues (after the ioyning with them) bee bestowed together in the earth, or the sharper endes blunted on some stone, and then committed to the earth, or else in the setting, that lies of ẏ oliues be bestowed with the cloues. The singular Didimus (Ruellius noting the same) vttereth, or rather Sotion (as the greek copy sheweth) ẏ the lothsomnesse or stinking sauour by the eating of Garlicke heads is abollished or put away, if the green and raw Bean be soone after eaten. Others there are, which wil the roote of the Beete to be eaten, after the rosting vnder hotte embers, affirming the same to be sufficient to remoue the strong sauor: Also with the like remedie Menander one of ẏ greeke writers witnesseth, as Pliny writeth of him, ẏ sauor to be dissembled

and hid. Our later writers of husbandrie and Phisicke report, that the ranck sauour of Garlike may be extinguished, with the onely eating of greene Parsly blades.

The commodiouser and apter time for the gathering of the Garlike heads, is in the decrease or wane of the Moone, the day being drie and faire, when the blades be withered, that they leane or hang downe.

Many of the ancient writers of husbandrie vtter, that the Garlike heads will endure a long time: & be to better purpose afterwards, if they be either hidde in chaffe, or after the tying together hanged vp in the smoke. There be others which after the infusion of the heads a while in warme salt water, and letting them dry, doe like wise hide them in chaffe.

But the heads handled after either maner, do for the more parte remaine barren, or prosper not after the bestowing in the earth. To others it was sufficient to haue dried them ouer the heat of the fire, that they might after growe. The learned Plinie vttereth, that those heads of Garlike be of a sower taste, which possesse the more cloues round about, and he addeth that no more lothsomnesse or strongnesse of sauour doth consist in them after the seething, then in the Onion like ordered. Nor he omitteth not, that the Garlike heads afore eaten to be in steede of the white Neeswort for the Pioners, if they minde to auoide and escape the hazard of death. There is another wild Garlike, which the Greekes name Ophioscoridon, in English Ramsies, growing of the owne accord in the fallow fieldes, through which the Kines milke by feeding on the greene blades, is caused to sauoure of the Garlike, yea the cheese made of the same milke, doth render in the eating the like ranckenesse of sauor. The husbandmen name this both the wilde and serpentine Garlike.

This Garlike on such wise boyled, that it may not growe againe, and bestowed in beds, doth greatly auaile against the harme of birds to Seeds, as afore is vttered in my first parte, there writing, that the same of Plinie is named Alum. But here commeth to minde a marueilous matter, not to be ouerpassed, which is that neither the Weasell or squirrell will after the tasting Garlike, presume to bite any foules, by which practise, Pullets and other foules in the night being sprinckled ouer with the licoure of the Garlike, may be defended from harme of either of these.

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There is yet a matter more worthy the remembrance, & the same far maruelouser, which Volaterranus vttereth, that in his time happned a husbandman to sleepe open mouthed in the field by a hey cocke, cast vp in the Harueſt time, which when he had vnwittily suffered an Adder to creepe into his bodie, with the eating incontinent of Garlike heads, was (as by a certaine preparation against poyson) deliuered, yet the venome and death of the Adder, consisting or remaining within the bodie distilled and shead forth in coeating, a matter to be maruelled at of the wise.

But this also is maruellous in the Garlik: that if it be boyled with a Salte licoure, the same dooth effectuously destroy the mites or little wormes in either peasons or beanes, so that the walles and floores of the barnes be wet with this mixture. Heere also I thought not to ouerpasse the maruellous discord of the Adamant stone and Garlike, which the Greekes name to be an Antipathia or naturall contrarietie betwæne them, for such is the hatred or contrarietie betwæn these two bodies (lacking both hearing and feeling) that the Adamant rather putteth away then draweth to it Iron, if the same afore be rubbed with Garlike, as Plutarchus hath noted, and after him Claudius Ptolomæus. Which matter examined by diuers learned, and founde the contrarie, caused them to iudge, that those skilfull men (especially Ptolemie) ment the same to be vnderstanded with the Egiptian Garlike. Which Dioscorides wrote to be small Garlike, & the same sweete in taste, possessing a beautifull head, tending vnto a purple colour. There be which attribute the same to Ophioscorido, which Antonius Michrophonius Biturix, a singular learned man and well practised in sundrie skilles, vttered this approued secret to a friend whom he loued. And the same as last shall heere be placed that diuers Garlike heads hanged on the branches or trees, do driue far off birds from the spoyling of fruits, as the like Democritus noted in the greek instructions of husbandrie.

That the big Garlik named of certaine skilfull Authors the Affrica Garlike, is of far bigger increase then ỹ Garden Garlike with vs, Which the worthy Greek Sotion, Columella, and Rutilius instruct, that the cloues to be broken from the head, and bestowed in a white ground, well laboured and dressed without any dung, and set in high ridges of beds, to the end the natural moisture of ỹ earth, nor shoures

falling may offend.

The time commended for ſetting of the cloues, is in the moneths of Ianuary, Februarie and March, but ſome will to beſtowe them in the earth, from the beginning of October, vnto the ende of Nouember, well a hand breadth a ſunder, and vnto the middle ioynts, or rather a finger deepe in the earth, which growne vp to ſome height, to be often weeded about, and the earth diligently raked, whereby the plants may the better proſper.

Theſe further growne vp, the skilfull teach, to tye the toppes of the blades, by two & two togither, which done, to tread the blades down with the foote, that the iuice by the ſame meanes may run to the rote to increaſe the heades bigger.

The other inſtructions needefully to be learned, may the owner conceiue by the former taught of the garden Garlike, which for the Phiſick benefits deſerueth a place in euery grounde, eſpecially in the husbandmans Garden.

The Phiſicke helpes and commodities of the Garlicke.

THe learned Plinie ſeemeth to me, not to haue vnaduiſedly written, that the Garlike dooth ſerue vnto many vſes in Phiſicke, and to the huſbandman eſpecially is profitable, for which cauſe of ſundrie it is rightly named the huſbandmans Triacle.

This (according to the agreement of the ſkilful) heateth and drieth in the fourth degree, the Onion, Garlike, and Leeke (as the ſkilfull Ægineta witneſſeth in his firſt book) indued with a ſoure vertue, doth heat the body, attenuate and cut the groſſe humours in the ſame, yet the Cholericke ought to beware ꝑ they do not too often eate the Garlike, eſpecially in the Sommer time and hotte ſeaſons, for at ſuch times the Garlike inflameth and drieth the body, and increaſeth both the red and adult Challer: the worthy Greeke Sotion (principall of the writers of huſbandrie) writeth that the garlike eaten vp meat, or hanged againſt the region of the ſtomack, doth expell wormes in ꝯ body, & applied in plaiſter forme, preuaileth againſt ꝯ bite of either ſnake or adder. The heads burned & mired with hony, and the ſame applied, dooth remoue the blacke and blew ſpots, and cauſe a faire colour.

The

The Garlike eaten, putteth away the inward ſwelling of the bodie, ſoftneth and openeth impoſtumes, and draweth forth matter, being afore ſodden, and applied thereon.

If the head be annointed with the iuce of Garlike, it killeth both lice and nits. The Garlike alſo is drunke to great purpoſe, with the decoction of Organie (as Dioſcorides witneſſeth) againſt lice and nits of the head.

The heads eaten do moue drine, and are ſuppoſed to amend the defaults of the kidneis: and a cloue holden in the mouth, ceaſeth the toothach proceeding of a cold cauſe.

The aſhes of the Garlicke heads, after the miring with honny, annointed, ſtaieth the ſhedding of haire: in the ſame maner vſed, amendeth the faults or ſpots of the skinne. If the aſhes be ſtrewed on foule vlcers, which are open, it ſpeedely cureth them.

The aſhes of the heads, after the dilligent miring with honny, and May butter, ānointed, doth in ſhort time remoue the foule ſcabs, and Leaprie, and cleareth the skinne, if the ſame be dayly exerciſed in the bath or hotte houſe.

The Garlike tenderly ſodden and eaten, procureth a cleare voyce, and recouereth an old cough, and correcteth the ſtomack colde, the ſame mightily drieth vp the moyſture of the ſtomacke.

If any ſhall afore eat of the Garlike, he ſhall not be endamaged by the bit of a venemous worme or Serpent, the Garlike bruſed and applied on the bite, doth ſpeedely cure it.

And the ſame in theſe maruelous (as writeth the skilfull Serapio) that although the heads eaten, doth helpe the ſound ſight of the eyes, yet do theſe comforte and relieue the dulneſſe of ſight, through the moiſture conſiſting in them. The boyled heades eaten with oyle and ſalt, do cure the mattering and breaking forth of whelkes, and remoue both pimples and tetters. As well the rawe as boyled heades eaten, do remoue an old cough: but the boyled heads eaten are farre more profitable then the rawe, and likewiſe the ſodden, then the roſted: and on ſuch wiſe to the voyce they do more profit and helpe. The perſon which ſhall afore haue eaten ſundrie Garlike heads, if he after happen to drinke poyſon, ſhall not be harmed by it.

The heades with the greene blades boyled in wine and drunke

doth not onely moue vrine, but procureth the termes, and draweth downe the after burden, if ỹ belly alſoe be annointed with it: the like alſo may a ſmoke of the Garlike procure, if a woman ſitting in a hollow chaire, and couered cloſe about with clothes, receiueth the ſume. The Garlike brused both the figge tree leaues, and Camemil flowres by a like quantity, and applied in plaiſter forme, doth cure the bite of a mad dogge, or other beaſt.

The perſon which weakly diſgeſteth meat eaten, through the cold neſſe of the ſtomacke, ſhall find great helpe through the ſundrie times eating of the ſodden hearbes with oyle and vinger.

Paxagoras vſed the Garlike in wine, againſt the kings euil.

Hippocrates ſuppoſeth the after burden to bee drawne downe through the ſitting ouer the ſmoke, and Diocles, frenſie perſons they doe greatly helpe: if they after the boyling ſhal be eaten, and the ſame the dropſie perſons, boyled with Centorie: and the Garlike eaten, kayeth the flure of the belly, which the skilfull report, the greene more effectuouſly to performe, brused and drunke in pure wine with Coliander.

For an olde cough proceeding of a colde cauſe, let the ſoles of the feete, paulmes of the hands, and chyne of the backe, be diligently annoynted with Barrowes greaſe, finely tempered with three heads of Garlike cleane pilled.

The Garlike eaten with freſh butter, or applyed in plaiſter forme on the ſtomacke, dooth in ſhort time kill the wormes in Children.

The Garlike boyled with vineger and drunke with water and hony, expelleth the brode wormes in the body, and all other harmefull creeping things in the bowells: the heades boyled with oyle, and applyed in playſter forme, doth cure the bit of venemous thinges, in what parte ſoeuer the ſame happeneth.

The harmes and ſwellinges of the bladder, are remoued with this cintment, if it be ſundry times applyed without.

The Garlike boyled with milke, and eaten, doth heale the vlcers of the Lunges.

The Garlike boyled with Centorie in wine, and ſundrie times drunke, remoueth the dropſie, gathered of a colde cauſe. The Garlike brused & mixed with Coliander, and on ſuch wiſe taken with wine,

helpeth

helpeth the griefe of the Lunges, and difficultie of the vrine. The heads boyled and bruſed with beanes, and tempered either with oyle Oliue, or oyle of Poppy, and of the ſame an oiutment made, remooueth head-ache, annointed on the temples.

There is no better thing for the toothache proceeding of a cold cauſe then to waſh and retaine for a time, the decoction of the Garlike, three cloues bruſed in vineger, which vndoubtedly ceaſeth the paine.

The heades alſo boyled with vineger and Nitre, do remoone the itch, and taken in a white broth, ceaſeth the grieuous paine of the going often to the ſtoole. A Garlike head after the boyling in ſweete wine, with a halfe pennie waight of Beniamine drunke, dooth in ſhort time expell the quartaine.

The ſame bruſed and mired with freſh butter, profiteth very much the pippes of hens and cocks.

The perſon hardly making water, and ſubiect to the ſtone, ſhall greatly be eaſed of the grieuous paine, by eating of Garlike ſundrie times.

The worthie Galen vttereth, that the heades tenderly boyled in two or three waters, do remoue the ſouerneſſe of them, but theſe then yeelde a verry ſmall nourithment, in reſpect of the rawe eaten with vineger.

The inconueniences of Garlike out of Plinie.

THe defaults of the Garlike are (as Plinie writeth) that it dulleth the ſight, cauſeth windineſſe, harmeth the ſtomacke and much at a time eaten, cauſeth thirſt.

So that for all cauſes it is better cõmended ſodden then raw, and boyled then roſted.

The Garlike boyled and roſted, brought to fine pouder with Maſticke and Pellitorie, if the mouth be waſhed with the ſame decoction, doth maruellouſly helpe the toothach.

The Garlike profiteth crafts men, huſbandmen, and the Flegmaticke, and thoſe which for the more part drinke water, and doth vſe cold meats and hard of diſgeſtion.

The

The Garlike auaileth againſt the infections of waters, mutation of places, and other contagious ayres (which haſtely annoy) by the eating afore of it, in ſuſpect places.

As touching the Affrica Garlike, the ſame may ſerue vnto all the diſeaſes and griefes in a maner, which tofore are written of the garden Garlike.

The commended vertues of the diſtilled water of Garlike.

The heades with the greene blades finely ſhredde, ought to bee diſtilled in the Canicular or dogge daies, in the Tinne Limbeck. This diſtilled water, helpeth the ſwellings in the throat, if a linnen cloth wet in the ſame, be workmanly applyed, and drunke, vnto the quantitie of two ounces at a time, or gargelled ſo often in the mouth and throat, vntill the patient be better amended.

The water drunke euery morning faſting, vnto the quantitie of two ounces at a time, doth maruellouſly amend the greene ſickeneſſe, and ſwelling of the Splene, being vſed for twelue or fourteene dayes ſpace.

The water alſo drunke, profiteth vnto all the ſaide ſickneſſes and griefes, which tofore are vttered of the blade and roote.

What care and skill is required in the ſowing and ordering both of the Scalion and Squile Onion. Chap. 22.

The Scalions better proſper and come vp, being ſet then ſowne, for when they are committed to the earth in the ſeedes, the owner may not hope for a ſeemly groweth of them, before the ſecond yeare. The owner may beſtowe the Scalions in well dreſſed beddes, from the beginning of Nouember, vnto the ende of Februarie, for to enioy the propper yeelde the nert Spring following: and they require to bee likewiſe ſet in the grounde (as afore taught) to the Garlike.

But

But they are to be plucked vp to vſe, before that the March violetts be in their full pride and flouriſh: for if theſe be longer ſuffred, as vnto the time of the perfit flouriſhing of the violets, they are then founde feeble and withered. And for to know when the Scallions are ripe, it behoueth the Gardener to marke whether the blades beneath be withered, for on ſuch wiſe ſeene, denoteth the full ripeneſſe of them. And to poſſeſſe Scallions with biggeheades, it behoueth the Gardener, to beſtowe round about the rootes ſoft Cowe dunge, and to water them often, which growne to a reaſonable heigth, hee muſt alſo tread downe and order as afore vttered in the vſing of the Leeke.

The Squill Onion better commeth forward in the Garden being ſet with the head, then ſowne in the ſeed, for when the ſeeds are committed to the Earth, they yeelde flowrie their ſeemely buſhe and heads.

The owner may beſtowe the heades of Squill Onions in well laboured and dreſſed beddes, ſo that the grounde be of a drie nature, and tending vnto a Saltneſſe, whether grauelly or ſandie, for they deſire a like diligence to be beſtowed on them, as is afore vttered of the Onion and Garlike.

The ancient and latter writers report, that there are two kindes of the Squill Onion, as the Male & Female, the Male yeelding white leaues, and the Female blacke. This ſtrong by nature, will continue in the hanging vp (in a ſhadowie place) a long time greene, & it lightly groweth (as Theophraſtus writeth) beſtowed in drie earth, & ſpedily ſhooteth vp to a heigth, it keepeth fruits to be preſerued, eſpecially Pomegranats, the ſtalkes afore broken off: and this is ſaide to beare floure thrice in a yeare, foreſhewing by it, the three ſeaſons of committing ſeeds to the earth, as the firſt time of bearing floures, to ſignifie the firſt time of plowing, the ſecond time of floure bearing, the ſecond time: the third, the laſt time: for how many times theſe appeare, euen ſo often is the earth accuſtomed to be laboured.

The floure alſo of the Squill Onion (as Beritius writeth) ſhooting vp in a ſtraight ſtemme, if ſo be it doth not haſtily wither, ſignifieth the large or plentifull yeeld of fruits.

The phiſicke helpes both of the Scelion and Squil Onion.

As touching the benefit of the Scallions, there is no other aide nor profit to be hoped after, ſauing that theſe yelde a more delight in the mouth, then the health of the bodie, for the Scallions ſerue to no other purpoſe, then to ſtirre vp or moue perſons vnto the venerial act.

The Squill Onion hath the vertue of heating in the ſeconde degree, and cutting eſpecially of the toughe matter in the ſtomacke.

The Squill Onion vſed rawe, is verry hurtfull to the bodie, eſpecially re to the inward members or partes, for which cauſe, the Squil Onion is not inwardly to be taken, except they afore be either roſted or boyled. or by ſome other manner prepared.

The worthieſt force of the ſame in medicines is, by ſharpening it eſpecially with Vineger, for which cauſe (being ſo prepared) is named the Squilliticke vineger, the making of whiche is after this manner.

Take the heades cleane pilled from the outward skinnes, thoſe (after the threedding) hange in a Sunny place, being ſtytched through with ſmall packthreed (in ſuche manner) that the partes bee a prettie diſtance aſunder, which like handled let hang for forty dayes ſpace.

The drie peeces after beſtowe into a hogſhead of moſt ſharpe Vineger, but in ſuch maner, that theſe of no part touch the veſſell. The Hogſhead after couered ſo cloſe, that no vapours may breath forth, and ſette into the hotte Sunne.

After the xl. day, let the veſſell be lifted vp, and the pieces taken forth, which done, the owner ſhall then poſſeſſe a moſte ſharpe Vineger.

There are others, which make the Squilliticke Wine after this manner: the pieces of it ſhred, they beſtowe into a veſſell of wine new made (that being put in) it may on ſuch wiſe heat togither: and they vſe this wine to thoſe purpoſes, as the Vineger.

The Phiſicke commodities of the Squill Onion are (as the learned

ned Constantine, in his booke de gradibus vttereth) to amend the dropsie persons such fetching the winde hardly, the defaults of the Liuer and Milt proceeding of clammy humors.

The persons sicke of the Ague, and hauing exulcerations or orses within the bodie, ought to refraine the taking of the Squilliticke vineger For the Squilliticke vineger or wine, purgeth grosse fleume, and corrodeth, procureth the going to the stole, and vrine, & causeth vomitting.

The squill Onion (after the mind of Dioscorides) is rosted after this manner, this wrought in paste or clay is set into an Ouen, or couered with coles, vntill the paste or cruste about it be sufficiently baked, which drawne or taken foorth, if the head be yet not sufficiently softned, then after the couering of it with paste, the second time, and set it in an Ouen, bake the same throughly.

The Onions are also kindly baked or rosted in an Earthen potte, the mouth well stopped with dowe or course paste, and sette into the Ouen.

This besides cut into rounde pieces, & after the stitching through with Pacthreed, that these be a pretty distance asunder, hang in the ayre from the Sunne beames, for on such wise handled, it serueth to the making of the oyle, vineger, and wine.

The singular Dioscorides teacheth the manner of boyling the Squill Onion, after this sorte: Take the middle partes (the outwarde skinnes pilled away) which after the slycing into partes and boyled, throw the first water foorth, on which poure other water, boyling in like condition: and this so often do, vntill no more bitternesse nor tartnesse in the water bee felte: after these, the slices hanged vppe, and dried in the shadowe, as aboue vttered, which done, if half a dramme of the fine pouder be sucked downe with Hony, the same amendeth the long continuance of the hard fetching of breath, and olde cough, and the griefes both of the Liuer and Milte, yea the dropsie and Jaundise. The like woorketh the Squiliticke Vineger, and the same expelleth woormes, and other corruptions in the bodie.

The Oximel made of the squiliticke vineger, expelleth melancholy, remoueth the Apoplexie & falling sicknes, breaketh & sendeth forth the stone, ẏ same also purgeth ẏ Matrice of clammye humors, and helpeth

the ache in the Hippes. The Squilliticke vineger fasteneth the teeth, by sundry times washing and rubbing of them with it, and amendeth a stinking breath.

The same dropped into the eares, remeneth the clammy humours hindering the hearing. The oile in which the squil Onion shal be steeped, annointed on places, putteth away wartes, and cureth both the chaps and clifts of the feete: the same annointed on moist or running scabs, healeth (or at the least) correcteth them, putteth away the dandrie of the head, and profiteth annointed on the bite of Serpents, and other venemous wormes.

The squil Onion containeth in it an oile which is blacke: this oyle tempered with Honny, and annointed on a bald place, procureth haire to grow. The squilliticke vinegar holden in the mouth amendeth the corrupted and foule gums. The same used, procureth a cleerer sight of the eyes: healthful and profitable it is to the greefs of the sides and stomacks, if a little be taken twise a day, but hastily drunk down, it overcommeth the partie for a while.

The squilliticke Onion boiled in wine and drunke, expelleth all the inward diseases of the body, and helpeth especially a hot and corrupt Liuer.

The Squill Onion prepared in the aboue saide maner, and boyled with Wormewood and Mastick in water and vineger, and swetned with Sugar, helpeth vnto the stopping of the Liuer and Milt, recouereth the kings evill and dropsie, mightily causeth vrine, draweth downe the termes, and expelleth the dead yongling. If Mice happen to drinke of the water in which the squilliticke Onion shall be steeped for a night, they soone after dye.

The distilled water of the Squill Onion, mired with meale which Mice willingly eate, and bestowed in such places where they haunt, dooth in short time kill those which eat of the same.

What

What care and skill is required in the preparing and ordering of the Garden Saffron. Chap. 23.

AS touching the Garden Saffron, it ioyeth to be bestowed in a mean and chalkie ground, and euermore well laboured, and it may verry well be set in the beddes, where the Onions haue bene newly plucked vp. The Saffron refuseth watering and moisture, for which cause the beads ought to be set in beddes betweene which furrowes be made, that these may receiue the moisture falling, which they greatly feare. Besides these the heads are greatly endamaged through the resort of mice, and Moles, which greatly couet to feed on the roots or Onions of the Saffron.

The remedies against these two noyous beasts, are fully taught in my first part, which the reader may resort vnto.

The heads are rather to be bestowed in the earth, then the seeds, in that the seeds (after the committing to the earth) prosper not.

The heads are to be set on ridges, in the month of Aprill or May, and the heads laide on a heape, to lye and wither in the shadow from the Sunne beames, for the space of eight dayes before, which done, to set them with the hairy rootes in the earth well laboured and dressed and at length one by another, well halfe a hand breadth asunder, and three fingers deepe. Certaine there are which will them to be set for the better yeeld, after the moist of August, vnto the midle of September, letting these to remaine for two or three yeares, and that euery yeare in the month of Aprill and May the leaues or blades then dry, to breake off orderly, the other prospering to weede about, and to raise the earth after, two fingers deepe, but in such manner, that the heads be not touched.

After that the hearbes be sufficiently clensed, when as the floures be withered and dead, especially in August and towards Haruest, which flourish not aboue a moneth, then these are to be gathered in the morning after Sunne rysing, and after the drying by a gentle fire to be kept together in bags of leather, in a close and dry place.

And this one thing as marueilous, is worthy to be noted, that the roote or Onion standing quite out of the earth, yeeldeth notwith-

standing the proper floure of continuance but a day or two after the full opening, at the season of the yeare: but the head afterwards (as depriued of nourishment) withereth and rotteth.

The blades be freshy and greene all the winter through, in that the heads be full of iuice, and sufficient strong to indure the colde season. When the saffron is set, and in the third yeare digged vp, there are round about each head fiue or sixe heades growing, and ioyned together within the earth

The best Saffron is the same, which is fresh and new, and excelleth in the goodnesse of colour, in such manner, that the tops in which the seedes be contained be white, and mixed with a rednesse the chiue also is not lightly broken, and rubbed in the hand, colloureth the skin, and is in sauour comfortable, with a great sharpnesse. And this is named the Oriental Saffron.

The Phisicke benefits and helpes of the Saffron.

The Saffron hath the propertie of heating in the second, and drying in the first degree, as Ægineta witnesseth. The Saffron endureth for fiue yeares in perfect strength, being close kept in a lether bag and set in a dry place.

Take a scruple of good Saffron, or the third parts of a dramme, and halfe a graine weight of pure Muske, this mixed together with the best and hot wine, drinke fasting, for it is a singular remedy against the hard fetching of breath, of what cause soeuer the same shall happen.

The Saffron procureth a fresh and faire colour to the drinkers of it: it comforteth the heart, purgeth and causeth healthfull blood, and remoueth poysons from the heart. Taken in meat it causeth a long and easie breathing, and helpeth the Asthma.

Against the infection and plague inwarde, many after the torrifying of the Saffron, Triackle and Mithridate seede in an emptie egge shell close stopped, do make an electuarie with other spices adioyned, which after the taking expelleth the poyson or infection by sweates.

The vse of it profiteth inpostumes in the breast, those that be short winded, it amendeth the milt, moueth the venereall act, and causeth

vrine,

vrine, this also availeth against the vehement aking and paines of the head, if such a plaister bee made with the same: take of Saffron, Gumme Arabicke, Euphorbium, and Pirthe, of each a like waight, these after the finely working to pouder, and tempering with the white of an egge, apply in the plaister forme to the forehead, for this without doubt availeth.

The Saffron taken either in meat or drink, procureth vrine, & the Termes, this also amendeth the yelow Jaundise, drunke especially with sweet wine or Malmsey: this giuen besides to an vlcered brest, stomacke, liuer, lungs, kidneis and bladder, greatly profiteth.

For the grieuous paine of the Goute, take a quantitie of Saffron, with crums of white bread and milke, after the boyling togither, applyed in the forme of a pultise, enswellings, impostumes and vlcers, both greatly aswage both the swelling and paine, yea mightily softeneth and breaketh impostumes.

If with Opium, barly meale, milke, and the white of an egge, an ointment be made after arte, and annointed on any painefull and sore place, it doth aswage the griefe in short time. The Saffron (as Vitalis writeth) doth greatly amend the feebling of the heart, and weakenesse of stomacke. The Saffron comforteth palsey members, and softeneth the hardnesse of parts: for the which cause, the same named Drierocie, is right profitable. The saffron remoueth the griefe of the eyes, either of blond or other blemish, if with Rose leaues brought to pouder, and mired with the yolke of an egge, the same be applyed in plaister forme on a linnen cloth to the eye. The Saffron remoueth all swellings and griefes of the eyes, if the same be especially mired with vrine, and applyed in plaister forme.

The Saffron is profitable mired with womans milke and annointed, for the distilling of the eies. The Saffron remoueth drunkennes, drunke with Ciuite. The person also which shall drinke the pouder of Saffron in vrine, shall not be ouercome by drinking. This besides is very profitable for remedies of the eares.

What

What skil, care and diligence is required in the workmanly sowing, and ordering of the Nauewe.

Chap. 24

The Nauewes and Turnups, are sowne after one manner in earth well turned vp, and orderly dressed, or if the owner will in earable ground, and will indure in a manner any ayre: yet these desire a drie ground, rather leane and grauelly and diligently turned vp.

The seedes well prosper, bestowed in a fine pondered earth, well laboured afore: and to possesse faire Nauewes, let not the seedes be a boue three yeares old: for being elder the seedes run into Colewoorts. If the plantes in the comming vp appeare too thicke togither, the owner may pluck them vp, and set them thinner in other well dressed places. These also in the growing vp, ought diligently to be weeded, and the earth to be digged about, and let the greater and fairer still grow, to possesse their seedes, which in the moneth of August, diligently bestow in a well laboured earth.

To commit seedes to the earth, the owner ought to stay vntill the ground be well moistened with showres, for bestowed soone after, they prosper and come the speedier vp: But the owner or Gardener ought in any case to take heed, that he bestowe not the seeds in any shadowie place, for the shadowie places are disagreeable and hurtfull to the plants, although the ground be good, fertile and well laboured.

The propertie many times of the ground dooth alter the Nauewe into a Turnup, and the Turnup into a Nauewe.

The owner ought to gather the Nauewes in the moneth of November: and to possesse them all the winter time, he must bury the roots in sand lying in a seller, that he might not onely eat of them in the winter time, but all the Lent through.

The worthy Nauewes be those, which are rather long, & as they were crisped, and not big, and possessing few rootes, at the most but one seemly roote, and the same straight and sharp downward,

There be which make a singular cõposition of the Nauewes, with Radish rootes, a little Salt, Honny, Mustard, delectable spices, and Vineger: yea the same may be made without spices, both wholsome and profitable.

The

The Phiſicke benefits of the Nauewes.

THe worthy Galen reporteth the Nauewe to be hot in the ſecond degree, and moiſt in the firſt.

The Nauewes tenderly boyled, do nourith much, yet euilly or hardly digeſted, and they make ſoft fleſh, and the ſame puffed vp, yet this leſſe then the Turnup, who afore ought to be boyled in water, and that firſt water after the boiling powred forth, then into a ſecond water beſtowed, diligently boile them, for the hardneſſe of their ſubſtance, will well be tempered, and meanly ingender a nourifhment betweene good and euill.

The Nauewes which are not throughly boiled, do euilly digeſt, and procure a windineſſe in the bodie, beſides a ſtopping in the veins, and naturall powers: for which cauſe, theſe yeeld a more commoditie to the ſtomacke, and digeſt better, being twice boyled in faire water, and ſhifted a third time into a moſt fat broth, where boyled vnto a ſufficient tenderneſſe, and then eaten, there be which boile them a third time in new Cow-milke, for the better digeſting.

The Seedes confected with Suger, and eaten, increaſe Sperme in man. But the Seedes bruſed and drunke, doe eſpecially auaile againſt poyſons, for the which cauſe, theſe are profitably miniſtred with Triacle.

What care and skill is required in the ſowing and rightly ordering of the Rape and Turnup. Chap. 25.

THe Rapes be not much differing from the Nauewes and Turnuppes, ſauing that theſe be bigger, and ſweet in the eating.

For the Rapes or Turnuppes be much greater, and in the eating pleaſanter then the Nauewes: The Rapes require a like ordering and dreſſing of the Earth, as afore vttered of the Nauewe, which for trueth ought to bee rather ſowne in the moneth of September, then in any other time, in a moyſt earth, well dunged, diligently turned in and dreſſed: for by that meanes they proſper and come the better forward, and are cauſed to be fairer, tenderer, bigger, and ſweeter of taſte through the colde ſeaſon following,

like as the hoarie froſtes, ſnow, and cold miſts, then in the drie and warme ſeaſon of the yeare.

After theſe be come vp, and ready to be remoued, the owner muſt carefully ſee vnto, that the leaues be not gnawne neither of ſpiders, nor by any other vermine or wormes, and for the auoiding of like annoiance, it ſhall be profitable for the Gardener (well a day before the committing of the Seedes to the earth) to mixe the Seeds with the pouder or duſt of planke boords, or rather with the ſoote of a chimny, which after wet with water, to the end the Seeds may receiue ſome moiſture, and being thus ordered, beſtow the whole together in the earth the next day following.

The ſkilfull Neapolitane Rutilius reporteth that the Rape or turnup (as the Nauew) proſpereth vnder euery aire, and deſireth to be beſtowed in a fat and looſe earth, and the ſame ſo looſe, that it in a manner falleth to pouder, whereby the Seedes may proſper, and come the ſpeedier forward.

The ſeedes alſo are to be beſtowed with fine poudred earth, to the end the plantes may not come vp too thicke together, about the end of July, vnto the midſt of September: and if raine happen not the day before, then the day following, moiſten the ground with water, gently ſprinckled vppon.

If the ſeedes committed to the earth be beſtowed thin, the plants in the comming vp (by dilligence of the Gardener) will increaſe the bigger, for which cauſe, where the plants grow thick together, & theſe come to good ſtrength, the owner may pluck vp ſundry, and beſtowe thoſe a good diſtance aſunder, whereby they grow the bigger in rot.

And for the better furtherance of their growth, the owner ſhall ſundrie times water and weed about the plantes. The ſeedes may be ſowne in the open field, and where corne grew, if ſo be the ground be diligently ploughed, and the weedes weeded forth, theſe after the beſtowing in the Earth, may the owner onely couer with the harrowes or rake, becauſe the ſeedes lye ſhallow on the ground.

The ſeedes loy in an open field, far from the ſhadow of trees, in that theſe lying vnder ſhadowe be much harmed: if the owner minde to commit ſeedes to the earth in a dry ſeaſon, hee may then beſtowe them in ſome well dreſſed place being moiſt and ſhadowie, thicke together after the maner of the Colewort.

After

After this, when the plantes be well growne vp, and the earth sufficiently moistened with showres, the owner may remoue and set the plantes in larger places well dressed, from the end of August vnto the entring of the Sunne into Libra or middle of September.

The Rapes to serue in the winter time, ought to be gathered in the moneth of October, and those which are the fairer, by plucking away the outward leaues, may be set againe in well dunged and dressed earth, to yeeld seedes the sommer following.

And to preserue the Rape or turnup rootes, to serue the winter and Lent time, the owner may worke after this manner, by washing first the rootes, and these raw, bestow in rankes one vppon another, and in ech ranke strew salt, fennell seedes, and saucrie, or onely couer them with salt, close couched, and on such wise letting these remaine for eight daies, poure so much faire water vppon, as will couer them, Which done, let the vessell stand in some vault or seller, to serue for the aboue saide times, or longer if the owner will, if so be he fill vp the vessell, when these lye bare and drie. These hitherto Rustilius in his instructions of husbandry.

This one thing is maruellous and worthy the noting, so small a seede to encrease in roote, to such a bignesse as we many times see them: of which the like hath bene seene to haue waied thirtie, yea fortie ponnd waight, to the admiration of many.

The owner ought especially to take heed: that the seedes to be committed to the earth, be not aboue three yeares olde. For the ground otherwise of the Rapes will change and bring forth Colewortes.

For to enioy faire and big roots, let the owner new set those rots which be growen vnto a finger bignesse, wel a span distance one from the other, Which done, and these somwhat more growen, the owner ought to tread downe with the foote, and diligently couer the heades thicke with earth, whereby the iuice of the leaues and stalkes may run to the encreasing of the rootes.

The rootes after the gathering in the moneth of November, may [illegible] serue the Winter and Lent time, as afore

The Phiſicke vertues and helpes of the Rapes.

THe Rapes heate in the ſecond degree, and moiſten in the firſt: theſe cauſe many humours, hardly digeſt, and increaſe muche winde. The ſowne Rapes are hard of digeſtion, which notwithſtanding boyled do ſwell the belly, and increaſe the humours in the bodie.

The Rapes haue a marueilous propertie in ſharpning the ſight, as the ſingular Auerrois writeth: Yet theſe throughly boyled, as I afore vttered to be done by the Nauewes, do yeeld a nouriſhment, and are profitable to the bodie: contrariwiſe theſe eaten rawiſhe or not well boyled, doe hardly digeſt, cauſe winde in the bodie, and moleſt the ſtomacke.

The Rape ſeedes vſed in ſteed of triacle, recouereth and helpeth poyſoning, if any hauing drunke or eaten poyſon, ſhall take the ſeeds bruſed in water and hounie, this of experience knowne, repreſſeth or abateth the force of poiſon, that the ſame cannot harme.

The Rape or turnup roots conſected with vineger, doth coole and ingender wind, yet theſe extinguiſh the hot and drie bloud, of which moſt great and perrillous ſickneſſes are cauſed. The rootes and ſeedes eaten doe ſtirre and moue the veneriall act.

They are profitable to health, being eaten after the third boyling, and if any ſoully arrayed with ſcabs, which repreſent ỹ kind of a leaprie, doe waſhe all the bodie with water in which the Rape ſeeds ſhal afore be boyled, it doth with the ſame cauſe in ſhort time a fairer and cleare skin. The Rape rootes boiled in May butter, after the tender ſeething eaten with a little ſalt, doe looſe the breaſt: the decoction of them taken, ceaſſeth a drie cough: boiled with oyle oliue, and eaten with pepper and a little ſalt, doth helpe digeſtion. The rootes daily eaten, do engender groſſe humours, for which cauſe greatly miſliked of Democritus, to be vſed for a proper ſuſtenance.

The decoction or broth of the rootes téderly boiled, applyed on palſie members, the hot Goute, and kibed heeles, doe ſpeedily amend & help theſe: if any in the ſide of the roote after the making of a hole, do beſtow in it the oile of Roſes, and vnwrought wax, and after the tender roaſting vnder hotte embers, doe aplie the ſame in vlcered or ſore kibes,

kibes it shall in short time cure them.

The benefits of the distilled water of Rapes.

The garden Rape or turnup both leaues and rootes shred, ought to be distilled about the end of June, in a tin Limbecke.

This water preuaileth against the galling of members, if these be daily washed and supplyed with the same, and that a linnen cloth wet in it, be applied twice or thrice a day.

This helpeth any burning or scalding, if the same be washed with it, but after a crust gathered in one place, the same will in no maner be remooued, but through the daily washing of it with this water, which in the end perfitly cureth the sore.

The distilled water of the putrified Rapes, applyed often hotte with a linnen cloth wet in it, dooth greatly profit the swelling and sores of the foote, caused of cold.

What skill and dilligence is required with the secrets to be learned in the sowing and ordering of the Radish. Chap. 26.

The garden Radish with vs, is better knowne, then I with pen can vtter the discription of the same, for in a maner euery person as well the rich as the poore, the citizens as contrimen, when their stomacke is slack or irketh at meat: they then to procure an appetite to feeding, by the same wet, by cutting the rots either into a length on each side, or into round slyces, do workemanly season them with salt, beating them for the more delight in the mouth, betweene two dishes, supposing a more tenderneste caused to the roots, through the like doing: whose care and dilligence in the bestowing of it in the earth, ought, (after the mind of Columella) to be after this manner: that the beddes, before the bestowing of the seedes, be well laboured, and workemanly turned in with dung, and when the rootes be growne to some bignesse, then the earth to be raised and diligently heaped about them, for the rootes shall be naked or lie bare of earth, that both the Sunne and ayre beat vppon them, then will they be-

come in their further growth, both hard and hollow like to the Mushrome, as Plinie reporteth, which prescribeth to these both a loose and moist earth.

The worthy Rutilius (in his instructions of husbandrie) vttereth that the Radishes resule a hard, sandy, and grauelly ground, and doe ioy in the moisture of the aire: besides, these ought to be sowne in beddes a good distance asunder, and the earth deepe digged after a late or new raine fallen, except the place by hap shall be moist, and soone watered.

The seedes committed to the earth, ought immediatly and with diligence, to be couered light with a Rake, and neither dung bestowed within, nor strewed vpon the beddes (although Columella otherwise willeth) but onely chaffe of corne, as after shall further be vttered.

The skilfull practised in Garden matters report, that these better prosper being orderly set, then curiously sowne, and that these to be bestowed in the earth, as both sowne and set, at two times of the yeare, as in the moneth of Februarie, and beginning of March, if the owner shall enioy the rootes timely, and in August vnto the middest of September, if the owner would enioy them much sooner: these then bestowed in the earth, are without doubt far better, for asmuch as the Radish in the colde season, groweth and encreaseth especially in the roote, and is the same time tenderer, whereas the plants otherwise in the faire and warme season, runne vp into a leafe and stem. Yet this manner of trauaile, to possesse them in the sharpe Winter, is little in vse with vs, because the Radishe can ill abide the bitter ayre, which once bitten and tainted with the frosts either withereth, or soone after dieth: yet the learned Plinie writing of the Radishe vttereth the same to ioy so much in the cold ayre, that in Germanie hath sometimes bene seene a Radishe, which grew in compasse so big as an infants middle.

The skilfull Aristomachus in his learned instructions of husbandrie willeth that the leaues of the Radishe in the winter time be broken off, and throwne away, and to heape the earth high about them, least puddles of water do stand in the beds, for the roots on such wise increase and be bigge in the sommer time.

Howsoeuer the rootes shalbe handled, certaine it is, that the colde

ayre

ayre and frostes do increase and sweeten the rootes (as afore vttered of the Rape) if so be they may continue in winter time: for the colde ayre conuerteth the increasement into the rootes, and not into the leaues, although that those (as Theophrastus vttereth) doe ware then hard in many places.

The rootes are caused to growe the sweeter in eating, and more delectable in taste, if the leaues be broken off (as Plinie hath noted) before the Radishes shoote vp into a stemme.

And the lease of the Radishe, how much the smaller the same shall be, euen so much the tenderer and delectabler roote will it yeelde, which by watering with a salt licour, or pickle, causeth to breath foorth the bitternes quite, if any such rest or be in the roote.

As the like Plinie wrote, that the Radishe to be fedde, yea and willed the rootes, for the tendernesse, to be often watered with pickle, or salt water.

The Egyptiens watered with Nytre, to the end the rootes might be commendable in sweetnesse and delight to the mouth, which possesse a Cartilage and thicke rinde: to these, in many rootes, sharpe in tast, yet delectable in the eating, which are parte left bare aboue the ground becommeth tough and hard, through the occasion afore vttered, and hollow (like to the Mushrom) vnlesse they be well couered about with light earth.

There are Radishes supposed to be of a feminine kinde, which bee so sharpe, and these possesse smaller leaues, and to the eye be a fayrer greene, as Rutilius writeth.

If the owner couet to enioy sweet rootes in tast, then after the counsell and mind of the singular Florentine, let him steepe the seeds for two daies before, in either water or honny, or Caule, or else sugred water, and these dried in the shadowe, to commit them orderly to the earth.

If the Gardener desire to possesse faire and great rootes, let him (after the minde of theaforesaide Rutilius) when the rootes be growen to some bignesse, pluck away all the leaues, sauing two within to growe still, which done, couer the earth often ouer the heades to grow the sweeter and pleasanter.

A like experience in causing the roote to become marueilous big, doth Plinie skilfully vtter and teach, after this manner, by taking a great dibble, with the which making a hole in the earth well fiue fingers deepe, fill it vp with fresh chaffe, after bestow a seed of the Radish with dung and light earth ouer the mouth, couering the same in like maner euen with the earth, these performed, the root will grow and encrease vnto the bignesse of the hole.

The skilfull practitioners report, that the goodnesse of the Radish is knowne by the leaues, which the sweeter they be (after the manner) so much the tenderer and more pleasant are the rootes in the eating: the like teacheth or sheweth the rinde, which the thinner the same is, so much the delectabler is the roote in the taste of the mouth.

The thinne bestowing of the seedes in well dressed beds, from the end of August vnto the midst of September, and after the comming vp diligently weeded about, with leaues broken off, the light earth couered about, and after watered with salt water, doe procure the roots not onely to ware, or grow the bigger, but tenderer and sweeter in the eating, for almuch as the salt pickle verrie much abateth the bitternesse consisting in them, as by a like we customably see, that these be eaten with vineger and salt.

And the plantes better prosper, comming vp in an open aire, then bestowed in a shadowie place, where in the increase, the rootes be much hindered.

If the owner happen to commit seedes to the earth in a drie season, let them be sowne the thicker in beds, and if the same may be, in a moist ground lightly watered.

The plantes growne to a reasonable height aboue the earth, and that shoures haue moistened the ground a day before, the plants may then be remoued, and set into beddes well laboured and workemanly dressed, which by diligence bestowed, grow the better and pleasanter in the eating.

That the Radish may not be harmed with the garden fleas, Theophrastus willeth to sow in the beddes among them, the pulse named Erum.

Other singular helpes for the most herbs, may be learned in my first part: which I haue gathered for the most part out of ancient writers.

Peers

Here is not to be ouerpaſſed, that in the Radiſhes a bitterneſſe conſiſteth according to the thickneſſe of the rinde, as the worthy Pliny vttereth, which writeth that theſe alſo do offend the teeth, by blunting or ſetting them on edge.

But in this place commeth to minde, a ſecret verry profitable, and to be eſteemed with vinteners, which the Authour freely vttereth to them.

If the Vintener cutteth a Radiſh into ſlices, and beſtoweth thoſe pieces into a veſſell of corrupt Wine, doth in ſhort time draw all the euill ſauour and lothſomneſſe (if any conſiſteth in the wine) and to theſe the tartneſſe of it like reuieth, which if the roote be not able to rid and draw quite forth this default, let the ſame immediatly be taken forth and (if need ſhall require) put a freſh roote like ordered. For this no doubt hath bene proued, and profiteth many by vnderſtanding of the ſecrete.

This no doubt is a ſecrete verry maruellous, that the Radiſhe in no wiſe agreeth to be placed or grow nigh to the Vine, for the deadly hatred betweene them, inſomuch that the vine nere growing, turneth or windeth backe with the branches, as mightily diſdaining and hating the Radiſhe growing faſt by: if we may credite the learned Plinie, Galen, and the Neopolitane Rutilius, which ſeeme to haue diligently noted the ſame.

And the reaſon they report to be like (as afore vttered of the agreement of the Colewort with the Vine) which is through the hidde diſcorde of natures conſiſting in them, ſo that if the places were chaunged, yet for all the remouing, will they in no maner ioy togither.

Of which Androcides affirmeth the Radiſh and Colewort, to be a ſingular remedie againſt drunkennelle, ſo that the ancient in Greece commonly ioyned and matched the drinking of wine, with the Radiſhe, as I afore vttered in the Chapter of the Colewort, ſo that no maruell it is if that theſe be vſed ſo common.

The Radiſh in time paſt hath bene in much account, and ſo worthily eſteemed, that Moſchion the Grecke wrote a large pamphlet of the worthy praiſes of the ſame: yea the Radiſhe before other meats, was ſo preferred in Greece, ý at Delphos in the temple of Apollo, the Radiſh was eſteemed as Gold, the Beet as Siluer, and the Rape

or Turnup as Lead.

The Radish also is said to polish verry faire the yuory, and buried in a heape of Salt, doth alter and reduce the same into a waterie pickle.

The Radish to conclude, in the remoning and setting again, looseth the sharpnesse resting in it, and this hath a singular delight in the rinde, so that the same be new gathered and not too old of growth, therefore by the example of many sildome eaten, do vnaduisedly refuse and omit the vsing of it.

And drawing to an end, I think it right profitable to vtter the making of Vineger with the Radish, as the learned Petrus Crescentius (in his work of husbandrie) hath noted the same, the rootes of the Radish (saith he) being dried and brought to fine pouder, and bestowed into a vessel which hath wine in it, let stand to settle (after the wel laboring and miring together) for certaine daies: which done, the owner shall enioy a Radish vineger, very laudable and much commended for the dissoluing and wasting of the stone in the kidneis, and many other painefull griefes.

The Phisicke benefits and helps of the Radish.

THe Garden Radish (after the minde of the learned) heateth in the third degree, and dryeth in the second, but the wilde Radish in Phisick causes is more effectuous.

This one incommoditie (among the phisicke helpes) doth the Radish possesse, which is, that it procureth many times belching, after the eating at supper: for a remedie of this annoiance or incommoditie, may he or she incontinent eat, certaine braunches of Isope, Time, or Organie, or eat the root with pure Oyle.

And this one commoditie ioyned with it, the roote yeeldeth a marueilous number of benefits, for the health and ease of persons.

Here further learne, the other incommodities written by the wise, which are, that the Radish eaten, either before or after meales, doth cause winde, the resting of the stomacke dulleth the braine, eies, and reason.

The singular Greeke Florentinus (in his instructions of husbandrie)

bry) writeth, that the Radish doth profit very much the scrumatike, and marueilously helpeth the stone in the kidneyes, and stopping of the vrine by Grauell, If any especially boyle the rinde with white wine and water, and drinketh the same morning and euening, or the rinde of the Radish brused and strained, and drunke fasting in the morning, and that the person shall persuer or continue with the same for certaine daies.

The fresh rinde after the steeping in white wine for eight houres drunke with a fourth part of the pouder of Medler kernels, like auaileth.

The radish taken fasting in the morning, with warme water prepared, procureth vomiting, for which matter, ỹ Phisitions rather appoint the seeds boyled, thã the roote. If the iuice be eaten with Oyle Oliue, it stayeth the belchings of the stomacke, which are wont to be caused by the same, in that the Oliue suffereth not such wind to rise.

The iuice drunke with Cuite cureth the kings euill, & drunk with water and hony, amendeth the cough, which on such wise ministred, dooth help those fetching the wind short and painefully.

The whole substance of the roote, so much auaileth against poyson, that taking the same fasting, it shall nothing harme the creature.

And the hands anneinted with the iuice of the Radish, as afore vttered in my first part, may handle Serpents without feare.

The iuice of the Radish dropped into the eares, doth speedily asswage the winde and noise in them, the same drunk with water and hony, recouereth the Iaundise. The leaues boyled in porredge in steed of Colewoorts, and eaten sundry times amendeth the stoppings of the Liuer and Milt.

The seedes brused and giuen with white wine, is right profitable against all sorts of poysons and dangerous diseases.

And if any by a punishment, receiue grieuous strokes and spottes, by whipping, brusing, and applying the Radish on the places, shall speedily cure them.

The same also cleareth scarres and reduceth warme spottes vnto the perfect colours, and remoueth the pimples in the face: this besides deliuereth the quartain Ague, if the same be daily giuen by the way of a vomit, at the comming of the fit.

The iuice of Radish boyled with honny, and after the adding of a litle vineger, the same strained and drunk, profiteth against the quartaine Ague, and stopping of the Milt.

The Radish applied in plaister forme, deliuereth the water betwen the skinne, and helpeth a hard swollen Splene, as Dioscorides witnesseth.

The Radish well digesteth, beeing eaten with meat at Supper, for it heateth the stomacke, yet the same causeth a strong breath, by sleeping soone after meat.

The seedes after the bruising drunke with white wine, doe cause vrine, and drunke with Vineger, asswageth the swelling of the Milt.

The iuice annointed on olde vlcers, both cleareth and eateth away the Canker in them, the like performeth the pouder of the roote.

The Radish boyled with Pulse water or honny and water, and drunke warme, amendeth an olde cough: it remooueth the clammie Fleume of the breast, by spitting vp in the daily drinking for certaine dayes.

The fresh rindes of the Radish well bruised and taken with Vineger and Hony, procureth the patient to vomit: the like performeth the Seedes drunke with warme water.

The Seedes haue a singuler propertie in expelling, for which reason, these are right profitable to them hauing eaten Mushromes, which they cannot digest.

If a round slice of the radish be applied on the Nauil, it doth speedily ceasse the gripings in women, as the skilfull Hippocrates writeth.

The often eating of the Radish, procureth plentie of Milke to women giuing suck and Nurses.

The iuice of the roote drunke with hony, sendeth downe ŷ Terms, and expelleth the worms in the belly: the iuice gargelled with Hony and Vineger, asswageth the swelling in the throate.

The

The commended helpes of the distilled water of the Radish.

THe roote finely shred in the beginning of September, ought to be distilled in a Tin Limbecke, or rather glasse bodie in Balneo Mariæ. The distilled water of Radish drunk morning and euening vnto the quantitie of three ounces at a time, helpeth the digestion of the stomack, the kings euill, and killeth the wormes of the bellie: the Radish also receiued, cleanseth the stomacke of all clammie humors and other matters which hinder digestion: this besides openeth all maner of stoppings of the inner members and veines. This drunk in the like order and quantitie, doth extenuate the clammy humors in the lungs, and amendeth the swelling of the milt: this also clenseth the brest of clammie humors and causeth a cleare voyce.

The water drunke vnto the quantitie of three ounces at a time, both morning and euening, recouereth the poyson taken either in meate or drinke. The same quantitie drunke at a time profiteth against the Quartaine Ague, driueth downe the Termes, and sendeth forth the stone.

This water helpeth those which are stinged either with the Bee or Waspe, or venomed with the Spider, if they shall wash the grieued place with the same, and shall applye linnen clothes wet in it. This water helpeth the pricking & stitches of the side, if the same be bathed with the water. The water dropped into the eyes, cleareth the humors falling which dimmeth the sight, it also remooueth the spots of the face, by the often washing with the water, this remoueth the yelow or blackish spots by beating, if the places be often rubbed with the same.

The water gargelled and retained in the mouth, amendeth the swelling of the throat, and vlcers of the gums, for this resolueth, consumeth and breaketh them.

The water often drunke morning and euening, chiefly at the going to bed, vnto the quantitie of three ounces a at time, for thirtie daies together, not onely cleareth the kidneyes and bladder, & the places which containe the stone, but breaketh the stone, & causeth vrine.

This water drunk for three or foure weekes together, vnto ỹ quantitie of three or foure ounces at a time, both morning and euening, recouereth the water betweene the skin, and sendeth the same forth by

the

the vrine, so that the patient refraineth the ouermuch drinking: for how much the lesser hee drinketh, so much the more water by the vrine is sent forth, through which the patient is also sooner recouered.

What care and skill is required in the sowing and workmanly ordering both of the Parsnep and Carote. Chap. 27.

THe seeds of the Parsnep and Carote, require one manner of diligence in the sowing, and to be bestowed in a ground painefully digged, well turned in with dung, and workmanly dressed before: but the seede to be committed to the earth, may not be bestowed in beds very thicke together, to the end these in the encreasing may grow the fairer and bigger.

The plants are in like manner to be set, and at those times sown as afore vttered of the Radish, as sowne in December, Januarie, and Februarie, to serue in Lent and spring time, but these better commended, to be sowne in harueſt time, to enioy them all the Lent.

The Gardener which would haue faire and big rootes, ought to pluck away the leaues oftentimes, and to couer light earth on the heads, as afore vttered of the Radish: besides these growne to some highneſſe at the leaſt so big as the finger, ought to be thinner set, and often weeded about, whereby the rootes may grow the bigger and sweeter in the eating.

The Phisicke benefits and helps of the Parsnep and Carot.

THe vertues and properties of these two rootes are in a maner like, and serue rather for Kitchin, than to the vse of Phisicke, in that they be of a small nourishment, and lesser nourish than the Turnup or Rape doth.

The Parsnep root (by the agreement of the ancient) heateth in the mide of the second degree, and moiſteneth in the first, but in these causes of phisicke small allowed.

The roote is brought to a more temperament for the bodie, if so be

it be boyled in two or three waters before the eating, for on ſuch wiſe handled, it harmeth the ſtomacke the leſſe.

This otherwiſe ſodden (but in one water) ingendreth wind in the bodie, through which it cauſeth and moueth a deſire to the veneriall act: and often vſed, ingendreth euil bloud.

The roote tenderly ſodden in two waters, & remoued into a third, procureth vrine, aſſwageth the colicks paſſion, and ſendeth down the Termes in women.

The Garden parſnep, eaten with butter and pepper, and a little ſalt profiteth the Melancholicke, and as Vitalis writeth, this encreaſeth good bloud.

The Parſnep ſeede drunke and applyed to the priuy place (as the learned Dioſcorides writeth) draweth downe the termes, helpeth the ſtraightneſſe of making water, recouereth the water betweene the skinne, and amendeth the ſtitches of the ſide or pleuriſie.

This commended for the ſting or bit of any venemous wormes or beaſt: this alſo applyed to the priuy place, draweth downe the dead youngling: the leaues ſhred and applyed with honny, doth throughly cleare and amend the great eating in of vlcers.

It is thought that no venemous beaſt may hurt the creature which weareth or carrieth the roote about him: and the roote hanged about the necke, doth profit againſt the ſwelling of the throat.

The Garden Carote is thought to heate and drie in the third degree, but the leaues and floures eſpecially, and many times the one vſed for the other in Phiſicke cauſes.

There is another kinde of Carot (being red in colour) which may be eaten raw, but the ſame ſodden with the Cornup, ſeemeth a pleaſant and daintie diſh: and this may in like order be ſowne, as the others aboue taught.

The Carot growing of the owne accord, which is of moſt men named the wilde, more auaileth in the leafe and floure for phiſick purpoſes, then the roote doth: ſo that the leaues are to be gathered to vſe, when the ſame yeeldeth the floure, which (after the ſeperating of the roote) ought to be dryed in a ſhadowie place, and kept in leather bagges for the whole yeare: for theſe haue the propertie of diſſipating, conſuming, and attracting, and is of qualitie drying by ſubſtance.

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The head bound about with the pouder of this hearbe, made ſufficiently hotte, amendeth a cold reume: the hearbe after the boyling in wine dronke, and a good quantity of it after the ſteeping in wine and oyle for tenne dayes, be boyled ſo long, vntil the wine be waſted and after the hard wringing forth of the hearbe, the whole ſet ouer the fire and a little ware put to it in making thereof a plaiſter: which applyed, amendeth the paine of the ſtomacke, proceeding of wind through cold, the ſtrangurie, and ſtopping of the vrine, and both the Collicke and Iliacke paſſion.

This Carote boyled in wine with a quantitie of figs to diſcretion, and the ſame dronke faſting, remoueth a drie cough: the decoction dronke doth likewiſe helpe the hard fetching of breath. If the head be waſhed with the water or oyle, in which the hearbe afore is ſodden, doth remoue the flure of the heade proceeding of a cold cauſe.

If three handfulls of this hearbe boyled in wine, to which, oyle added in the boyling, and applyed to the bellie, doth remoone winde and heate the ſtomacke: if a Sirupe be made of the hearbe and floures, and the iuice of Fennell, and the ſame dronke morning and euening, amendeth without doubt the ſtopping of the Liuer and Milte.

The hearbe boyled in Mallowes, and hearbe Mercurie, both in wine and water, and the ſame after the boyling, applyed on the nauell, amendeth the perings and griping of the bellie.

The vertues and helpes of the diſtilled water of the Parſnep.

The hearbe with the roote finely ſhred, ought to be diſtilled about the end of March in a Tin Limbecke, with a ſoft fire.

This diſtilled water dronke morning and euening, vnto the quantitie of three ounces at a time, and the trembling members bathed with the ſame, doth in ſhort time amend the ſhaking of them.

If the water euery euening at the going to bed, be dronke vnto the quantitie of fiue ounces at a time, doth not onely moue forwarde the veneriall act, but encreaſeth Sperme.

This water dronke vnto the quantitie of foure ounces at a time both morning and euening, recouereth in ſhort time the ſtraightneſſe or painefulneſſe in the making of water.

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The diligence and skill to be vſed both in the ſowing and ordering of the Garden Poppie. Chap. 28.

THe Garden Poppie (after the minds of the Neapolitan Rutilius) ought to be committed to the earth, in the Moneth of September, if it be in a hotte and drie place: but the Seedes in colder and more temperate places, may bee beſtowed after the middle of Februarie vnto the end of Aprill, and ſowne in beddes among the Colewortes.

The plantes come the better forward, if ſo be vine braunches or other boughes of trées be burned in the places, where you after minde to beſtow the ſeedes. To be briefe, the ſædes of the Poppie and Dill, require the like order and diligence in the beſtowing in the earth, as afore vttered of the hearbe Charuill and Arache.

The phiſicke benefits of the Garden Poppie.

THe white Poppie as all the other kindes, cooleth in the fourth degree, and the Seedes full ripe, before the gathering in the Summer time may be preſerued for fiue yeares.

The greene heades of the Garden Poppie, boyled vnto the thicknelle of honny, profit vnto many griefes: this receiued procureth ſound ſleepe, remoueth the cough, it alſo ſtayeth the fluxe of the belly, if any annointeth the belly with it.

The Poppy ſeede (after the bringing to pouder) mired with new milke or broth, and giuen to children to drinke warme, procureth them to ſleepe.

The Seedes bruſed and ſpred on a toſte of Butter, doe cauſe children to ſleepe: the Seedes conſected with Suger and eaten, do marueilouſly preuaile, in procuring the weake patient to ſleepe ſoundly.

The Sirrupe of Poppie helpeth the reume, cough, & lacke of ſléepe, by preparing it after this manner: Take of the new heads both of the white and blacke Poppie one pound, of rain water ſcure pintes: boile theſe ſo long togither, vntill a pint & a halfe remain, to which after ý ſtraining, add of Suger, & the Pennites, of each fiue ounces: theſe boile

vnto a height, according to art, & this they name, the simple Sirrop.

The compound is made after this maner: take of the fresh heads, both of the white and blacke poppie, twelue ounces of maiden haire, two ounces of licourice, fiue drammes of iuiubes, thirtie in number, of lettuce seedes fiue ounces, of the Mallowes and Quince seedes an ounce and a halfe, these after the boiling in foure pintes of water vnto two, straine through a cloth, to which adde of Suger and the Prunes one pound, making thereof a Sirrupe according to art, for this recouereth a drie cough, the consumption of the Lunges, the reume, and debilitie of sleeping.

A plaister made of either seede, to which womens milke and the white of an egge added, this applied on the Temples, procureth sleepe.

The Seede or hearbe of the white Poppie, (after the tempering with the oyle of Roses) applyed on an vlcer caused through a bruse, draweth foorth the heate in it, and the same applied on a hotte liuer, greatly profiteth.

The pouder of the white Poppie Seedes, mixed with oyle Oliue, and annointed on the chine of the backe, remoueth the griefe of the ioynts, and strengthneth them: the Seedes after the bruising with oyle Oliue, applyed in plaister forme about the head, not onely procureth rest, but sound sleepe.

The patient which cannot sleepe, may bruse certaine heades, and after the heating, presse forth the iuice, with which washing the face, like auaileth. The heads of the greene Poppie, boiled vnto a thicknesse of honny, profite vnto many causes: for this taken procureth sleepe, remoueth the cough, stayeth the flure of the belly, if any annoint him with the same. The iuice of Poppie, mixed with the oyle of Roses, and annointing the forte therewith, remoueth the rage of the Gout: the seedes of the white poppie brought to pouder, & mixed with the oile of Violets, and the chine of the backe annointed with the same, profiteth against the Ague, and heate of the Liuer.

The commended vertues of the distilled water of the white Poppie.

THe aptest time for the distilling of white Poppie, is in the beginning of June, and that the herbe finely shred be distilled in a Limne

Linne Limbecke with a ſoft fire.

This water profiteth againſt the red ſpots of the face, if the ſame be waſhed with it twice a day, this procureth white hands, if they be waſhed with it.

The diſtilled water drunke vnto the quantitie of foure ounces at a time, before the going to bed, and annointing the temples or beating veines of the wreſtes, doe not onely procure quiet reſt, but ſound ſleepe: this alſo vſed, mittigateth the paine of the head proceeding of heate.

This water applied with linnen clothes wet in it, extinguiſheth any heate, and profiteth a burnt ſkin through the ſunne, in removing the heate, by often applying of linnen clothes wet in it.

What skill, diligence and ſecrets is to be learned in the ſowing and ordering of the Cucumber. Chap. 20.

THe antient in time paſt confounded, or rather contrary matched the Gourds with Cucumbers, as the like alſo Plinie did, and Euthidemus the Athenian in his booke which hee wrote of potheabes, named the Gourd the Indian Cucumber, and Menedorus a followeer of Eraſiſtratus defineth two kindes of the ſame: the one, to be the Indian which as he vttereth, is the Cucumber: and the other to be that, which is named the Gourd. The Cucumber beſides (after the ſentence of Varro) is ſo named, for the crooking of it, and the Greeke philitions named it both Sicyon and Sicys, for that it ſtayeth and repreſſeth (as Demetrius writeth) the venerall act, through the coldnes conſiſting in it.

But leaving further to vtter of the kinds, let vs come to the matter in teaching what diligence is required, about the well handling of the Cucumber.

The Seeds after the mind of the Neapolitane Rutilius, deſire to be beſtowed in furrows not thicke together. and theſe raiſed well a foot and a halfe high, but in breadth three foote, and betweene the furrows muſt the owner leaue ſpaces of eight foot broad, whereby the Cucumbers (in the growing) may freely wander and ſpread abroad.

Theſe after ỹ cõming vp need neither to be raked nor weeded about,

for that in their firſt comming vp, they ioy and proſper the better by growing among other hearbs, of which theſe are greatly ſtrengthned and ayded.

The plantes crœpe along on the earth, and ſpread into braunches much like to the Vine, which for the weakneſſe of the ſtalke, are cauſed on ſuch wiſe to ſpread abroad on the ground, except theſe be otherwiſe ſhored vp in their growing, with props workmanly ſet in the earth, for the better ſtaying vp of the weake armes and branches, that the fruits corrupt not by lying on the earth.

The Seeds for the more parte, appeare by the firſt or ſeauenth day after the ſowing: being ſufficiently moiſtened with ſtore of water for that ſpace and time, by a pot or pots of water dropping continually downe with a liſt or wollen cloth hanging forth of the mouth of the pot, which manner of watering is named ſiltring.

This kinde of watering, is one of the chiefeſt matters required, in that the plants proſper & come ſpeedieſt forward through the much moiſture, in which they mightily ioy: Yet theſe are muche hindered, and greatly feare the frоſtes and colde ayre. For which cauſe the plants ought at ſuch cold times to be workemanly fenced with mattreſſes of ſtraw diligently ſpread ouer them. The skilfull Rutilius writing of the workmanly ordering of the Cowcumber, willeth the Seedes to be committed to the earth in the moneth of March, and for danger of the cold froſts, to couer the beds with mattreſſes of ſtrawe, vnto the middle of May, at which times the plants ought to be remoued, and ſet againe into beds well dunged and thicks laid for to runne forth and crœpe abroad on the ground, but the plants yeld the more if they be beſtowed in beds well filled with earth and dung, and theſe raiſed aboue a foote high.

In the beſtowing of the Seedes in the earth, the owner ought to haue a care, that he ſet the Seedes in beddes a length, and theſe well two foote aſunder one from the other, herein conſidering whether the Seedes bee broken by the eight or tenth day following, which ſound either hard or broken, doth denote a perfectneſſe or goodneſſe of the Seedes: But theſe in a contrary manner diſcerned ſoft, are vnprofitable, and to be caſt away, in whoſe places others require to be ſet, prouiding by the firſt or eight day, if the Seedes be broken or otherwiſe

therwiſe ſoft, which in a contrary maner ſeeme, beſtow others in the places as aboue taught.

The plantes after the comming vp, néed not to be wéeded in any maner, for aſmuch as the plantes better proſper and growe the fayrer, by comming vp among other hearbs, of which theſe take a nouriſhment.

If the ſeedes before the ſowing, be ſteeped for two daies in ſheps milke (as Rutilius willeth) or in water and honny, as Plinie inſtructeth, or in Sugered water, which cauſe the plantes, after their perfit growth, to yeeld cowcumbers, both ſweet, tender, white, and moſt pleaſant, aſwell in taſte as in ſight (as the ſingular Columella hath noted) and before him the Grecke Florentinus, alſo after both, Plinie and Palladius, to all which experience confirmeth.

The Gardiner which would poſſeſſe Cucumbers timely and very ſoone, yea and all the yeare through, ought (after the mind of the Neopolitane) in the beginning of the ſpring, to fill vp old worne baſkets and earthen pannes without bottomes, with fine ſifted earth tempered afore with fat dung, and to moiſten ſomewhat the earth with water, after the ſeedes beſtowed in theſe, which done when warme and ſunnie daies ſucceede, or a gentle raine falling, the baſkets or pannes with the plantes, are then to be ſet abroad, to bee ſtrengthened and cheriſhed by the ſunne and ſmall ſhowres: but the euening approching, theſe in all the cold ſeaſon, ought to be ſet vnder ſome warme couer or houſe in the ground, to be defended from the froſtes and cold aire, which thus ſtanding vnder a couer, or in the warme houſe, moiſten gently with water ſundrie times, and theſe on ſuch wiſe handle, vntill all the Frocks, Tempeſtes, and cold ayre be paſt, as commonly the ſame ceaſſeth not with vs, till about the middes of May.

After theſe, when opportunitie or an apt day ſerueth the Gardener ſhall beſtow the Baſkets or Pannes vnto the brimme, or deeper in the earth well laboured or trumned before, with the reſt of the diligence to be exerciſed, as before vttered: which done, the Gardener ſhall enioy verie forward and timelier Cowcumbers then any others.

This matter may be compaſſed, both eaſier, in ſhorter time,

and with leſſer trauaile, if the owner, after the cutting of the waſte braunches, doth ſet them in well laboured beddes, for theſe in farre ſhorter time and ſpædier, doe yelde faire Cucumbers.

This one thing I thinke neceſſarie to be learned, for the auoiding of the dayly labour and paines, in the ſetting abroad and carrying into the houſe, either halfe tubs, baſkets, or earthen pannes, which on this wiſe by greater facilitie may be done, if ſo be the Gardener beſtow the veſſels with the plantes in Wheelebarrowes, or ſuch like with Wheeles: for theſe, to mens reaſon, cauſeth maruellous eaſineſſe, both in the beſtowing abroad, and carrying againe into the warme houſe, as often as nede ſhall require.

The yong plantes may bee defended from colde and boiſterous windes, yea, froſts, the cold ayre, and hote Sunne, if Glaſſes made for the only purpoſe, be ſet ouer them, which on ſuch wiſe beſtowed on the beds, yelded in a maner to Tiberius Cæſar, Cucumbers al the yeare, in which he toke a great delight, as after the worthy Columella, the learned Plinie hath committed the ſame to memory, which euery day obtained the like, as he writeth.

But with a leſſer care and labour, may the ſame be perfourmed, as Columella writeth, if in a ſunny and well dunged place (ſayth he) be ſundry roddes ſet a rowe, aſwell of the Oſier as Bremble, and theſe ſo planted in the earth, after the Equinoctiall of Harueſt, to cut a little within the earth, whoſe heades after the wiſer enlarging with a ſtiffe wodden pricke, to beſtowe ſoft dung either within the pithes of Oſiers and Brembles conſiſting in the middes: theſe done, to ſire or put Seedes of the Cucumber into the places, which after the growing to ſome bigneſſe, ioyne with Oſiers, and Brembles.

For the plants on ſuch wiſe growing, are after not fed with their owne, but as it were by another mother roote feeding, which by the ſame meanes yelde Cucumbers, that will indure the colde ſeaſon and froſtes.

The learned Plinie vttereth the ſame matter, admoniſhing heare the reader, of the wrong inſtructions of Columella, although he ſeemeth to alledge an Authour, for which cauſe it ſhall be to great purpoſe to heare the ſentence of Plinie in this, who remouing the erro

of

of Columella vttered, that Cucumbers may be enioyed all the yeare greene, inſtructeth and willeth, that the greateſt roddes of the Brembles be ſet againe into a ſunny place, where theſe be cut, well two fingers long, about the Equinoctiall ſpring or middle March, and into the heades of theſe after large holes made, the Sædes to be beſtowed lying eſpecially within the pitches of the Brembles, and filled with ſoft dung, which done, that fatte dung and fine Earth, after the well mixing togither, ought to bee thicke laide, and diligently heaped about the rootes, which may the better reſiſt the colde.

But howe ſoeuer theſe ought to bee handled, it well appeareth, that Plinie doth diſagree with Columella, in this inſtruction.

For Plinie willeth theſe to be ſet about the Equinoctiall ſpring, but Columella, about the Equinoctiall Haruеſt, as the Neapolitan Rutilius interpreted and noted the ſame, to whom, as it ſhould ſeeme, he bare a fauour.

The plantes much feare the thunder and lightning, for which cauſe the Gardener may not ſet nor remoue them at thoſe times: beſides, if the tender fruits be not couered ouer with ſheetes or thin Couerlets, when ſuch tempeſts or ſtormes happen, they commonly after periſh and wither.

The Gardener minding to poſſeſſe long and tender Cucumbers, ought to ſet vnder the young fruites growing, an earthen Panne, Bole, or halfe Tubbe, filled with faire water, well fiue or ſixe fingers, yea, halfe a foote diſtance from them, for theſe by the next day, will bee ſtretched vnto the water, ſo that ſetting the Pannes lower into the earth, or raiſing the fruites higher, ye ſhall daily ſee them ſtretched foorth towardes the water, vnto the admiration of the owner, for the length of them: which depriued of their veſſels of water, ſhall in a contrarie manner ſee them winded and crooking, ſo much theſe ioy in the moyſture, and hate the drouth: the fruites likewiſe will grow of a marueilous length, if the flowres bee put to grow within hollowe Canes or Pipes of the Elder: but the ſame is other wiſe to be learned of the Dyle, for as the Cucumbers ſo deadly

hate

hate (as Plinie writeth) that setting vessels of the oile, in steed of the water vnder them, they after bend and winde away, as disdayning the licour, which the owner shall well trie and see that these to haue bended so crooked or winding as an hooke in one nights space.

But there must be a speciall care, as Columella (after the Greeke Florentinus) admonisheth, that no woman, at that instant, hauing the reds or monthly course, approcheth nigh to the fruites, especially handle them, for through the handling at the same time, they feeble and wither.

If shee in the place be like effected, shee shall after kill the young fruites, with her onely looke fixed on them, or cause them to grow after vnsauerie or else corrupted.

The Cowcumber will yeeld fruits without seedes, if three daies before the sowing, the seedes be steeped in Oyle Sesasminium or Sauin Oyle (as the Neopolitan Rutilius hath noted) or that the seeds afore be steeped in the iuice of the hearb named of Plinie, Culix, or as the same in Greeke may be coniectured to Coniza, in Englishe Flebane.

The like shall be wrought, if the first armes or branches (after the condition of the veins) be on such wise digged about, that onely the heades of them appeare naked, which a third time to be like barred, if need shall so require, yet such a diligence to be exercised in the same, that what branches growe out, and spread on the earth to bee workemanly cut away, preseruing onely the stemme and branches that last shoot forth: which on such wise handled, yeeld fruits with the onely Pulpes, hauing no seedes in them.

If the Gardener desireth to enioy Cowcumbers, hauing Roman letters, strange figures, & scutchins or armes imbolled on the greene rinde without, he may, after the liuely counterfetting of formes on ẏ Moulds of wood, bestow of the potters clay, or plaister of Paris vnto the thicknesse of a finger, which like handled, and cut into two partes, let drie in a faire & hotte place, that these may the sooner serue to vse, after bestow into the hollow moulds framed to a like bignesse & length as the frute of ẏ yong cowcũbers, which fast bound about, & so close togither, that no ayre breath in, let these on such wise hang vntill the fruits haue filled the moulds within, which they ioy to doe,

and

and be readie to be gathered.

For the yong fruites of propertie, by the report of the skilfull, do so much desire or be so wonderfull desirous of a new forme, that into what workmanly vessell or mould the yong fruites be bestowed, they by an earnest will and desire represent the figures counterfayted within, as the same is found noted in a singular work of Husbandrie: which, why Rutilius may ascribe to Gargilius Martialis, I see no reason.

To be briefe, as the cunning of the mould shall be, such will the beautie of ỳ fruites be: for many fruites haue bin seene (as Plinie reporteth) which presented ỳ image of a winding Dragon on them.

The owner minding to enioy Cucumbers, a long time fresh and fayre ought to bestow them in white wine lies vncorrupted or not turned, the vessell after the well pitching without, couered with a heape of sand, in some low Seller or vault in the ground.

The Cucumbers doe like continue a long time, if they be bestowed in a proper Pickle, made of water and Salt.

But the freshnes and delight of them, will a longer time be preserued, if after the husbandly instructions, the owner hang them so high in Barrels or Firkins, being a quarter filled or somewhat lesse, that these in the hanging doe in no maner touch the vineger.

And the vessels shalbe diligently pitched about, which the owner prepareth to serue to this purpose, that the force of the vineger, in no maner breatheth forth, for this by nature is otherwise penetrable & peirceth, through the thinnesse of partes. And by this practise, may the owner at due times, all the winter through, make delectable Sallets of them.

The Cucumbers (by report of the skilful) are the longest time preserued fresh and greene, if so be these are bestowed in a Glasse vessel, filled with the purest distilled vineger, which if the owner will, he may also preserue a long time if that he cut them off, whiles they yet be yong and small, and these bestow in a vessel of hote water to be scalded, which done, lay the Cucumbers abroade all the night time, to bee throughly cooled, after lay Cucumbers into a vessell filled with a sharpe Pickle, made of water and salte: for this will preserue them, by the former meanes, vntill new doe come or may be had.

The auncient report, that a Pickle may be made, to preserue the Cucumbers and Gourdes a long time, with Salt, vineger, Fennel, and Maioram, if so be the Cucumbers in some vessel, be laide by courses, and these aboue named, strewed betweene.

There bee others, which affirme, that these may a long tyme bee preserued fresh and greene, if they bee bestowed into the Pickle made of Vineger and Mustard Seede wrought together.

The learned Plinie willeth the Cucumbers to bee laide in a furrow made in a shadowie place, strewed after the fourme of a bedde with sifted sande, which on such wise handled, to bee couered ouer with earth and dry Hey.

Athæneus reporteth, that the Cucumbers be biggest and fayrest to the eye, at the full of the Moone, so that these receiue an increase according to the Moones light, through the watry moysture consisting in them.

For which cause, if the Gardener mindeth to enioy fayre and bigge Cucumbers, let those be gathered at the full of the Moone, where in the decrease or wane of the Moone, they be then slenderer and not so sightly to sale.

To these, this Athæneus (fauored of Plinie) addeth, that how often it thundreth and lighteneth, the Cucumbers (as striken with feare) turne and bend.

This one thing is maruellous, that Weiles and Asses are exceedingly delighted with Cucumbers, in so much that they receiuing the sauour farre off, are by a maruellous delight allured to runne and breake into a place, where these many times grow. For which cause, the hedges and bankes about must be strongly made, whereby they in no maner, breake in to tread downe and waste the Cucumbers.

But the same is more maruellous which in the Greeke instructions of husbandry is noted, and of many hath beene proued, that if an Infant beeing sicke of the Ague, and sucking still of the Breast, be layde on the Bedde made of the Cucumbers to sleepe, being framed of like length to the Childe, and that he sleepeth on the Bedde but a little time or a nappe, he shall immediatly be deliuered

nered of the ſame, for while he ſleepeth, all the feuerous heate paſſeth into the Cucumbers.

If the owner would enioy Cucumbers, hauing but litle water in them, he muſt digge a furrow, of a reaſonable deapth, and the ſame filled halfe vp with chaffe, or the waſt braunches of Vines or trees, finely broken, couer ouer with earth, into which then beſtowe the Seedes of a reaſonnable diſtance aſunder, and in the comming vppe, water not the plants, or thoſe moyſten very litle, but in the reſt order the Plants as afore taught.

To the loſſing and purging of the body it alſo belongeth: if the owner ſhall ſteepe the Seedes in the rootes of the wilde Cucumber bruſed, either Ruberbe, Turbith, Agaricke, Elleboze, or any ſuch like made into a Potable water, for three daies together or for fiue daies together, after the Plantes ſhoote vppe, doeth often moiſten them with this licour, he ſhall after enioy fruites, which will gently purge the belly.

And they may be cauſed to worke the ſtronger, if the rootes, while they ſend foorth the branches, bee digged about, and the ſmaller rootes vpwarde cut away, in the places of which, a quantitie of the Elleboze, and ſome other purging ſimple laid, and the earth diligently couered about.

The Phiſicke commodities and helpes of the Cucumber.

The Garden Cucumber, is moiſt and cold in the ſecond degree, but the ſeedes dryed, haue the qualitie of drying in the firſt, beginning of the ſecond degree.

Diphilus Cariſtus (a Phyſition among the Greekes very well learned, and in Huſoandry ſingular) diſalowed or rather forbade the Cucumber to be eaten at the beginning of ſupper, as a meate incommodious to the Creature, in that the ſame (after the eating) procureth the perſon like to reſt, as the Radiſh doeth, but this eaten laſt at the meale, worketh an eaſier digeſtion of the meate, where otherwiſe in many, this caſteth vp the meates eaten.

The tougher part incloſing the ſeedes, is of a hard digeſtion, but the ſofter Pulpe or ſubſtance within, is of a farre ſpeedier and eaſier digeſtion, and profitable to the Choleticke, and hote and dry ſtomack, being moderatly eaten, for that this both coleth and extinguiſheth thirſt.

The whole ſubſtance of the Cucumber, may moderatly be eaten with vineger and ſalt, of ſuch which dayly exerciſe ſome laboure of the bodie.

But to ſuch which laboure not, or be fleumaticke, this altogether denyed, for as much as this greatly hurteth eſpecially the ſtomacke and ſinews, yet hath the water (workmanly diſtilled) and the iuyce cleare ſtrayned forth, the propertie of removing the Ague, and mitigating thirſt.

The Cucumber is not to be eaten ſodden, but rather raw, with oyle and vineger, and the better fruites are thoſe which be gathered at the full rypeneſſe or in the hand diſcerned ſomwhat light.

The ſeedes bruſed and drunke, do amend the ſtrong ſauour of the vrine, but the decoction more auaileth than this, and aſſwageth the heate of the kidneyes, yea it abateth the heate, and thirſt of the Feuer.

The ſaid Diphilus inſtructeth, that the ſeedes haue the vertue of cooling, and for the ſame cauſe, hardly digeſted and ſent by the windings of the bellie, yea theſe (as he affirmeth) doe cauſe a greate coldeneſſe, ingender Choller, and abate the veneriall act.

The Seedes after the bruſing, drunke in either Cuite or Milke, doe greatly profite ſuch as haue an vlcered bladder. To theſe, and ſuch as are payned with the cough, if ſo many ſeedes bee taken and vſed at a tyme, as male handſomely bee taken vp with three of the fingers, and theſe after the bruſing with Cummyne, drunke in Wine, doeth in ſhort tyme amend the ſame.

The ſayde pouder drunke in womans Milke, vnto the quantitie of three ounces at a time, profiteth the frenſye perſons, and ſuch moleſted with the perillous flire Diſenteria: yea this pouder drunke with a like weight of Cummine ſeeds, in pouder, recouereth the ſpitting vp of corruption or matter.

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The whole ſubſtance and meate of the Cucumber, hath the vertue of clenſing and cutting a ſunder, of which the ſame cauſeth cleare bodies, and ſo much the more, if any after the drying, finely beating, and ſearſing of the ſeedes vſeth the ſame in ſtede of a clenſing pouder.

The learned Galen writing of the vſe and properties of the Cucumbers vttereth an inſtruction worthy the learning, that although theſe (ſaith he) be well digeſted of the Cholericke, and that ſuch without care, eate plentie or much at a time of them, yet they in the continuance of time increaſe a colde and ſomewhat groſſe humour in the vaines which not able to be digeſted in them, doth after corrupt the ſounde bloud.

For that cauſe (ſaith he) I iudge it profitable to refraine ỹ meats being of an euill iuyce and nouriſhment: although that thoſe in certaine perſons may eaſily be digeſted: for to vs not taking a care and regard of them, is a iuyce gathered (after a good diſtance of time) in the vaines, which ſoone as the ſame once putrified by a light occaſion, doth immediatly kindle and cauſe wicked feuers: theſe hetherto Galen of the incommodities of the Cucumbers,

What ſkill and ſecretes are to bee learned in the ſowing and workmanly ordering of the Gourde. Chap. 30.

All the kindes of the Gourdes, require the ſame trauaile and diligence in the beſtowing in the earth, as afore vttered of the Cucumbers, which after the large ſetting a ſunder and often watering, appeare (for the more part) aboue the earth, by the firſt or ſeuenth day after the beſtowing in beddes.

The weake and tender branches, ſhot vp to ſome height, and couetting by a certaine propertie in nature vpwarde, require to be diuerſly added with poles to run vp in ſundry maners, as either ouer a round and vaulted Harbour, to giue more delight, through the ſhadowe cauſed by it, and the ſeemely fruites hanging downe or e's by poles directed quite vpright, in which the Gourde (of all other fruites) moſt earneſtly deſireth, rather than to run braunching and creeping on the

groande like to the Cucumbers.

The plants loue a fat, moist, and dunged lose ground, as ỳ Neapolitan Rutilius in his instructions of husbandry hath noted, If a diligence be bestowed in the often watring of them, the plantes require a lesser care and trauaile in that they are very much furthered, by the store of moisture, although there may be found of those, which reasonably prosper with small store of moisture, or being seldome watered, and that they of the same yeelde fruite of a delectabler taste.

If the owner or Gardener happen to commit seedes to the earth in a dry ground, and that the tender plants appeare aboue the earth, his care shall then be to water them plentifull for the spedier shooting vp, after this maner: by taking certaine pots filled with water, into which tongues of cloth afore laide to the bottoms of the pottes, that these may the workmanlier distill and drop often on the plants, through the stooping forward of them: which no doubt, profiteth greatly the plants in growth and hote seasons.

The longer and smaller haue fewe Seedes in them, and for the same more delectable in the eating: yea these are better acompted of, and solde in the Market.

The Gardener, minding to commit of the Seedes to the earth, ought afore to steepe them in a Boll or panne of water for a nighte, whereby the seedes apt to be sowne, may ỳ surer be knowne, which he shall well perceiue by those resting in the bottome, of the cunninger sort preferred and vsed, but the others swimming aboue, as vnprofitable, and serving to no vse, are willed to be throwne away.

The chosen seedes are to be set in beds together with three fingers vnto the middle Jointes, and sharper endes fired vpward, but the beds afore ought to be digged two foote deepe, and so many broade, and the Seedes bestowed well three or foure foote a sunder, one from the other (in these filled vp with olde dung,) well turned in with the earth: or rather to procure them spedier to growe and yelde the fruite the sooner, let the beddes bee filled with hote horse dung new taken out of the stable.

If the Gardener would possesse Gourds of diuers formes as long, rounde, and short, it behoueth him to chose and set the seedes accordingly. For those Seedes taken out of the necke of the Gourde,

shall

ſhall the owner after the counſell of the ſingular Columella, learned Plinie and Rutilius, ſet in well dunged grounde, with the ſharpe endes vpwarde. Which after the well watering (as aboue taught) yeelde fruites long in fourme, tenderer, and better eſteemed. The Seedes taken out of the middeſt of the belike, and ſet into the earth with the big endes vpwarde, do yeelde (after the huſbandly handling and watering) great fruites, round and large, of which after the throughe drying, and meate taken out, be Bottles and other veſſels made, to ſerue for diuers vſes, in that theſe grow farre larger in the belly, than any of the other kindes.

The Seedes taken out of the bottome of the Gourde, and ſet with the groſſe or big endes vpward, doe alſo yeelde after the workmanly ordering, fruites both great and large, yet theſe far leſſer and ſhorter. And the Sedes in generall, in what place they bee ſette, ought to be beſtowed in earth well dunged, and the rather with hote horſe dung, new taken out of the ſtable, if theſe be ſet in the moneth of March. But the ſeedes in no maner, may be beſtowed in lowe places, leaſt ſhowers of raine falling, hinder and corrupt the fruites, through the ouermuch water cloying and ſtanding in the Alley or other low place: the plants ſhot vp to ſome height, oughte to bee diligently weeded about, and the earth heaped high vp, and when neede requyreth in the hote ſeaſons, to water them often.

If the ſeedes happen to bee ſet in a earth ſmally laboured and hollowe, when the plants be ſomewhat growne aboue the ground, the owner ought to dig a way of a good depth (from the young plantes) the earth round about, that the rootes may the freelier runne and ſpreade abroad: the plants further growne & ſhot vp, may the owner erect to runne and ſpreade like to a vine well a mans height.

If the plants happen to be annoied with the Leke or garden fleas, the owner ſhall remoue & driue them away, by the onely ſetting of ẏ herb Organie, in ſundry places among them, on which (if they happen to light) they either are incontinent killed, or cauſed to encreaſe but few after, as the Greeke writers of huſbandry, in their thriftfull practiſes witnes: out of which with diligence we haue alſo gathered theſe, that to ẏ owner or gardener may happily appeare profitable: as the Gourd (a matter ſomwhat ſtraunge) to yeelde fruits without ſeede,

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if the seedes before the setting be steeped for three daies at the least, in Sesaminum, or Sauin oyle, as the Neapolitan Rutilius vttereth, or in the iuyce of that herbe infused, named Conyza, in English Fleabane.

The like may be wrought, if after the condition of the vine, the principallest and first stemme shot vp, be on such wise digged about, that all onely the head of the same be left bare: which as it shall encrease, must the owner repeate: yea, a third time if neede shall require the same.

And in this doing must the owner haue a care, that as the braunches spread forth (whether vpright or on the ground) to be cut away, he cut preserving onely that stemme, which shot forth last.

The Gourdes on such wise handled (as the Cucumbers afore noted) will yeeld fruits without seedes, possessing onely Cartilages, and a soft pulpe within. If the owner would possesse fruites timely and very soone, then (after the instruction of the Greeke writers of husbandry) bestow in earthen pannes or old baskets without bottoms, fine sifted earth intermedled with dung, about the beginning of the spring, in which the seedes set, sprinckle and moisten sundry times with water: after this, in faire and sunny dayes, or when a gentle shower falleth, set them abroad, but when the Sun goeth downe, bestow the baskets with the plantes within the house againe, and these like order so often (and water when need requireth) vntill all the frosts, tempests, and cold seasons be gone and past. After this assoone as opportunitie and time will serue, and that a faire day bee present, bestow all the baskets and pannes of earth vnto the brim, in well laboured and dressed beds, and apply that other diligence required, through which the Gardener shall possesse timely fruite, aswell of the Gourde as Cucumber.

The same matter shall the owner bring to passe, and cause with lesser cost, trauaile, and time, if he cut away the wast braunches of the Gourdes, or tender shootes of the Cucumbers, for on such wise handled they sparder yeeld and send forth their fruites.

If the Gardener coueteth to enioy diuers formes on gourds, or sondry caracters on Cucumbers, let him bestow ỳ floure or tender yong fruit of either, as the same shall yet be hanging on ỳ braunch, into a moules of like bignes as the fruit: which so handled, will after cause

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whether the ſame be Gourd or Cucumber, to poſſeſſe on the vpper face, the like figures or caracters, as were afore imprinted within the mould.

For the fruit of either, after the mind of Gargilio, ſo much deſireth a new forme, that it like repreſenteth the image or figure imprinted within the mould. Inſomuch that of what forme the moulde of the Gourd ſhalbe faſhioned, on ſuch manner ſhall the fruit grow within the mould: And Plinie for confirmation of the ſame reporteth, that he ſaw many Gourds faſhioned in their full growth after the forme of a winding dragon. If the owner endeuoureth to poſſeſſe long and ſlender Gourds, he muſt beſtow the yong fruits new grown, & hanging ſtill on the vine branches, either into a truncke of wood, or a long Cane boared through all the ioyntes, which in time growing, will ſtretch and ſhoote forth into a maruellous length. For the ſubſtance which ſhould encreaſe into a bredth, is cauſed through the hollowe pipe to ſtretch and growe ſlender, whereby the narrowneſſe of the hole ſo hindering the bigneſſe of growth, procureth the fruit to run into a length, as the like Gourd by the ſame occaſion, Plinie ſawe to extend well nine foote of length. The like fruits altogither ſhal the Gardener purchaſe, if vnder the vines, he ſet of ſome deepneſſe in the ground earthen pannes filled with water, and they diſtant well fiue or ſixe fingers from the Gourds hanging downe. For by the morrow or next day ſhall he ſee the fruits ſtretched euen downe to the water, by which feeding and handling of the pannes with water, they may be cauſed to grow of a wonderfull length.

But the pannes for a time remooued or taken away, will cauſe the fruits to crooke and winde vpward, ſo much of property they ioy in moiſture, and refuſe or hate the drowth: yet of the oyle is otherwiſe to be learned, forſomuch as they deadly hate the ſame as Plinie writeth, which if in the ſtead of water it be ſet vnder the fruites, cauſeth them by the nert day to winde another way.

If this likewiſe they cannot doe, yet do they writhe, and as it were diſdaining of the ſame, crooke vpward after the maner of a hooke, as a like forme of the fruit may be tried in one night ſpace.

This one matter ought eſpecially to be cared for, as Columella after the Greeke Florentinus warneth, that no woman come or verie ſeldome approch nigh to the fruites of the Gourdes or Cucumbers,

for by her only handling of them, they feeble and wither, which matter if it shall happen in the time of the Termes, doth either then flea the yong tender fruits with her looke, or causeth them to be vnsauerie, and spotted or corrupted within. The Gourds determined to be kept for seede, ought after the minde of Rutilius the Neapolitane, to hang still on their vine vnto the winter time, and cut or broken from the same, to be dried either in the Sun or in the smoke: for the seedes otherwise are prone to putrifie, and not after profitable to any vse.

The Gourds and Cucumbers will endure, and be kept a long time fresh and faire to the eye, if they be hid and couered with white wine lees, not ouer eger or sowre, in the hanging downe in pipes or hogsheads. They be in like maner defended and preserued by bestowing them in a pickle or brine. But they will a long time continue freshe and faire (as the worthy instructers of husbandry report) if so be they hang so high within the vessels, that they be nothing neere to the vineger. And the vessels appointed for the onely purpose, shall diligently be pitched ouer and round about, least the spirits of the vineger in the meane time breathe forth, and by nature otherwise is penetrable, through the thunnelle of partes. The Cucumbers may in like manner be kept for a long time, if they shalbe bestowed in a vessel of distilled vineger: for on such wise they putrifie not, as hath bæn tried of the skilfull searchers of secrets.

Thus by these practises, may the owner enioy faire Cucumbers and Gourds all the winter to vse, which if the Gardener will, shall he also preserue a long time, if while the fruits be tender, he cut them off, and scalde them in hote water, and after lay them abroad all the night to coole, and bestow them on the morrowe into a sharpe pickle of brine, made for the only purpose, which on such wise handled, will marueilous well endure, vntill the new be come.

In this place commeth to minde, and that verie aptly, the same which Athæneus boasted, as touching his strãge feast that he prepared for his friends, and especially in that he serued them with græne Gourds for a daintie dishe, in the moneth of Ianury, which so pleasantly sauoured and eate, as if they had bæn new gathered, in a manner. Which like, by studie and diligence of the Gardeners that exercised this art, they supposed them to be preserued.

As the like Nicander long before Athæneus and many others report,

port, who will the Gourdes to be first dried in the aire, and stitched through the heades with a strong packthread, to be after hanged vp in the smoke, that the pots filled with them may leisurely soake all the winter, and drinke in of the Wine.

At this day in France, through all the winter moneths, are the Gourdes hanged vp in the rooses of their houses, to be preserued for daintie dishes greene, when occasion offereth to vse them, especially those which are named the Citrones, that far longer endure, and be not so lightly subiect to putrifying.

The fruits of the Gourds Mellons Pompons and Cucumbers, may be caused to loose and purge like to many others, if the seeds be steeped for a night and a day in the licour made with Ruberbe, Agaricke, Turbith, Senæ, Colocynthis, Scamonie, or other simple purging medicines and those after the bestowing in the earth, watered for fiue dayes together and fiue times euery day. When the Gourd is set vn pleasant, the fruits by the steeping, may after receiue what sauour and taste the owner will if the seedes before they be committed to the earth, be infused for a time in any pleasant licour, whether the same be damaske or muske water, for the plantes shooting vp of these, will yeeld fruit of like sauour, as well being sodden as rawe, after the condition of the Cucumber.

The like altogither may be wrought or caused without any art, if whiles the fruit is a seething, you bestow in the licour what taste, colour, or sauour you desire to haue. For the Gourd and Cucumber are of such a kinde, that they be voide of any qualitie.

The rinde of the fruite of the Gourd growen to full ripenesse, becommeth so hard as wood.

The Gourd planted in the ashes of mens bones, & watered with oile, yeeldeth fruite by the ninth day, as the ancient Hermes affirmeth Which man, for that he teacheth vaine matters, for the same cause he giueth me occasion to credite him weakely. Yet experience doth many times cause the vncertaine to proue certaine.

The Phiſicke benefites and helpes of the Gourde.

THe fruite of the Gourde, is of a colde and moiſt temperament, and the ſeedes eſpecially vſed in medicine. That worthy Phiſition Criſippus with the Greekes, condemned or rather vtterly forbad the Gourds in meate, as vnprofitable for their coldneſſe to the ſtomacke.

That ſkilfull man Diphilus contrary affirmeth, that the Gourds boyled in water and vineger doe ſtrengthen the ſtomacke.

The learned Galen writeth, that the Gourde in no manner may be eaten rawe, in that the ſame is vnpleaſant to eate, but either ſodden, roſted, or fried in a pan, is well commended.

The Greeke writers of huſbandry doe report, that the Gourd doth looſe the belly, and that the iuice of the ſame dropped into the grieued eares, cauſed of heate, they affirme to profite, vnto which vſe of it ſelfe, and with the oile of Roſes dropped warme into the eares.

The outward rinde pared away, and the meate with the kernels not fully ripe, heated or parboiled in water, and after chred ſmal like to the Cabbedge, and boiled with butter, onions, and a quantitie of Salt, This on ſuch wiſe prepared and eaten, profiteth leane men.

Others after the cutting of the vnripened fruit into round ſlices, boile them with butter in a diſh like Apples.

The wine ſtanding for a night abroad, in the hollow of the freſhe Gourd, and drunke with a faſting ſtomacke, purgeth gently the belly coſtiue.

The meat of the Gourd, after the ſeedes taken forth applied, helpeth the cornes of the toes and feet: the iuice of it boiled, and rubbing the mouth there with, faſteneth looſe teeth, and aſſwageth the paine of them, proceeding of a hote cauſe.

The ſeedes of the Gourd cleane picked from the ſkin, being ſodden in barly water, ſtrained, and drunke, helpe the inflammations of the liuer, kidnies, and bladder, the impoſtumes of the breſt, and prouoketh vrine.

If a ſicke perſon of the Feuer, refuſe to drinke of this water, a ſirrope then with ſuger, may be compounded of the ſame, which mightily profiteth all kindes of Agues.

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The iuice of the peeces of the Gourd, tempered with milke and vineger, in which a linnen cloth wet, and applied on the liuer, verie much asswageth the heate of the liuer.

When the winter approcheth, the seeds ought to be taken forth of the fruite, and these rubbed well with salt, that the clammie humors may on such wise be remooued.

The seedes ought rather to be laide in a drie place, whereby the proper moisture may not corrupt them, and those seedes like prepared, will indure for three yeares.

The peeces of the rinde of the Gourd bruised, and annointed or applied in plaister forme on the heades of infants, doth asswage the inflammation or burning caused of the braine: the peeces or iuice of the same applied, doth like mittigate the burning Gout, and qualifie the inflammations of the eyes.

The Gourd after the fine shredding, applied in plaister forme, asswageth tumors and swellings: the dry ashes applied on burninges doth maruellously auaile, the ashes also of the rindes applyed on vlcers of the priuie place, beginning to putrifie, doth purgeth, and bringeth them to a scarre.

The iuice of the Gourd, after the boyling with a little honny and Pyttr drunke, gently looseth the belly, the same iuice mired with the Oyle of Roses, and annointed on the ridge bone and loynes, cooleth the burning of Feuers: this besides annointed, helpeth the shingles.

Here learne that the Gourd rosted, or boyled in a dishe or frying pan, is more wholesome than raw for that through the rosting, it leaueth a great force of watery moisture, and therfore yeeldeth a stronger and worthier nourishment.

The Gourd sodden, requireth a tartnesse to be matched with it, for the same other wise is felt vnsauerie and without delight, so that it better relisheth, beeing matched with either salte, soure or tart thinges that neerer agree to the benefite of our bodie, and the same ought to be on such wise prepared that it procure not the creature to vomit, as the singuler Galen hath clearely vttered.

The benefites and helpes of the distilled water of the Gourde.

THe chosen time for the distilling of Gourds, is when they bée full ripe, for these then are to be finely shred, and the kernels with the whole substance aptly distilled.

The distilled water of the fruits, mired with a quantitie of suger, drunke, not onely loseth the belly, but ceaseth thirst, and helpeth the cough proceeding of a hote cause.

The saide water drunke morning and euening vnto the quantity of three ounces at a time, for fortie dayes together, doth marueilously helpe the stone in the kidnies.

This water drunke in the like maner for ten dayes together, purgeth the kidnies and bladder, and causeth vrine: this also drunke in the like manner qualifieth the burning of feuers, when no other medicine can asswage the same: this beside applied without, on the region of the heart, with linnen clothes wet in the same, like repelleth the heat.

Of the rare helps and secretes of the Pompons, Mellons, and Muske Mellons. Chap. 31.

THe auncient both of the Greeke and Latin writers of Husbandrie, attributed the Pompons and Mellons, to a kinde of Cucumbers which they confessed, verie neere to agree with them, in that the Cucumbers, in their growth haue beene seene, to be changed into Pompons, and Mellon Pompons, which two kindes of fruite, doe differ in themselues, especially in the fourme and quantitie: for when these appeare to exceede in bignesse, they are then named Pompons, but they growing round, and in fourme of an Apple fashioned, are by a bie-name of the Pompon and Apple, named Mellon Pompons. For whiche cause Palladius nameth all this kinde of fourme of apples, Mellons, or as if a man should say he named them apple wise or Quince like, which are not wont to hang, as Plinie writeth, but to growe round

on

on the ground, and they are then growen to a ripenesse, when the ſtalke is parted from the body and a ſweet ſauour from the belly ſtriketh to the noſe. Further thoſe growing after the fourme of ẏ quince, which properly are named Mellons, haue a harder and tougher meat than Pompons, and they not only enioy leſſer wrinckles in the rind, but be drier, greſſer, whiter of fleſhe, and haue more ſeeds than the Pompons.

The other kinde named Cytrons, be in fourme and colour like to the Cytron, and the leaues of the branches deuided into many ſmall parts after the forme, feathers or wings of birds.

The other kinde named the Winter Pompons, are nothing ſo bigge of growth, as bee the common Pompons of the Garden.

But the beſt kinde of all, are the Mellons, next the Turkiſh pompons, and thoſe made ſweete by art, when the Seedes before the beſtowing in the earth, are for a night laid in water well mired with Suger, or honny.

The Mellons and Pompons hardly come vp in any Countrie, at due time of the yeere, without labour, coſt and diligence of the gardener in haſtening them forward, nor theſe cauſed well to ſpread and yeeld before the great heate of the yeare be come, which ſeaſon, ſome yeare, hapneth diuers and intermedled with cold, & either ouer dry, or ouer moiſt, which much hinder the ripening of them in the harueſt time and toward the vintage. For which cauſe the Gardener ought to haſten the fruites forward by dung, and heats of the Beds, which alwaies procure a more healthy to perſons. The ſeeds of Mellons to be cõmitted to the earth, ought to be ſuch which haue bẽ kept within the fruit, vnto the full ripenesſe for the ſame: for theſe then taken forth of the Mellon be more worth, and reſerue in them the proper ſubſtance within the bodies. If the owner would poſſeſſe the fruites of the Mellon timely, he ought afore to infuſe the ſeeds in luke warm water, for fiue or ten houres, and thoſe after to beſtow in beds, prepared, about the tenth day of March, well three or foure foot diſtant one from the other, and the beds to caſt well two foot high, and ſo manie broad, and to fill them with old dung finely broken, and with blacke earth ſufficiently looſe wrought togither, for on ſuch

wiſe

wiſe handled they yéeld a bigger, fuller and pleaſanter fruite. Certaine ſkilfull Gardeners beſtow horſe dung in beddes, ſo hote as the ſame commeth forth of the ſtable, to cauſe the plantes farre ſooner to ſhoote vp, and they turne vpward fiue or ten of the ſeeds of the pompone with the ſharpe ends downeward, as certaine doe foure or fiue of them to come vp, and thoſe they lightly couer ouer, with much beating or treading the earth downe on them. Rutilius in his huſbandry, willeth the Sædes, both of the Mellon and Pompon, to be thinne ſet in beddes, in ſuch manner, that the ſeeds be placed well two foot a ſunder, and the places well digged and diligently turned in with fine dung, for the plantes ioy in a libertie, that they may ſpread at will hither and thither, and are greatly holpen by other hearbs, growing among them, as the Cucumbers are, ſo that they ſhall nede but litle taking and plucking away of other hearbes.

After theſe, for danger of the cold and frоſts, the owner may couer the plants and beds with light mattreſſes made of ſtrawe, or with mattes ſpred on rods, ſhored vp with the forkes ſet at ech corner of the beddes, or he may for a ſemeliet ſight, lay abroad bordes or tables on pillers or other ſtayes of ſtone, ſet at ech corner of the beds, in ſuch manner, that the bords may be lifted off, when the ſunne ſhineth hote, and ſet ouer againe, at the going downe of the ſunne, or when the cold aire is felt.

And aſſoone as the Mellon hath yeelded leaues ſufficient great, the Gardener ought to water the ſame gently and ſoftly, with a liſt ſharpened at the end hanging forth, and broade at the other ende, reſting within the Potte or Diſhe full of water, which on ſuche wiſe continually moiſtneth (by the drops falling) the Earth verie drie.

The Mellons further growen, the owner ought to remooue, and ſet the plantes againe, when the fruites are yeelded ſo bigge as Orenges, and this eſpecially muſt bee done after the middeſt of May, when as the colde of the yeare is well ſpent, that otherwiſe might hinder the growth of them, and ſette well fiue foote diſtant one from the other, in beddes diligently dunged and laboured.

The Pompons purchaſe a far greater ſweetnes, and pleaſanter in taſte, if the ſeeds afore be ſteeped for three dayes in water well mired with

with Sugar, or in water and honny named Mulse: and in like maner the fruites are found sweet in the eating, if the sedes steped in new Cow milke, be then set well in dressed beddes. 16-4

The Pompons in like maner will obtaine a sauour of Roses, if the sedes afore be laied among drie Rose leaues for twentie or thirty dayes togither, and those after with the leaues, set in well dressed beddes, or the Sedes steped in Rose-water, or other odoriferous licour, which after the drying in the shadow, then as afore uttered, committed to the earth, as the worthy Authour Florentinus in his Greeke instructions of husbandry writeth, and after him the like that worthy Rutilius.

Here I thinke it a matter not to be omitted, that Cattes by an earnest desire couet the Pompons, for which cause the owners must haue a care to loke diligently thereunto.

To procure Pompons to continue a long time without decaying or corrupting, let the owner water the plants for a time, with the iuice of Houseleeke.

The other matters to be learned are fully taught in the secrets of the Cucumbers and Gourds, where many deuises are uttered, that may be used commō. As if the owner would enioy timely fruits, and hauing strange formes on them, big, laratiue, and without Sedes, let him diligently reade and consider the former Chapters, both of the Cucumber and Gourd.

The Mellons and Pompons ought then to be gathered, when the stalkes begin to feble, and the fruits to yeld a pleasant sauour in the eating, at which time the owner must diligently take heede of cattes, that haue an earnest loue and desire to them as afore is uttered.

Also the gardener ought to conceiue, that those named the winter Pompons, doe neuer grow to a full ripenesse on their beds, & for that cause, to procure them speedily to ripen, he must (after the gathering) hang them vp in the roofe of the house, and eate of those, when they appeare yellow within.

The Phisicke commodities of the Pompons and Mellons.

THe learned report, that the Mellons coole and moisten in the second degree, yet those felt sharpe in taste, are temperately colde. The sedes also are used in medicine, & possesse the same property.

Diocles Caristius (in libris salubrium) vttereth, the Pompon to be easie of digestion, and to comfort verie much the heart, yet the same yeldeth but a small increase to the bodie.

Diaphilus reporteth, that the meat of the Pompon doth make fat, yet verie hardly digested, through coldnesse mired with the moisture of the same, besides it rendereth a small nourishment, and hardly moueth the belly.

Phænias reporteth, that the Pompon must be eaten after the stomacke is emptie, for that this is otherwise lightly cõuerted into those humours, which of the same occasion hinder digestion, through the præheminence that it then obtaineth in the receptacle of the meat or stomacke.

Therefore hee willeth the Pompons, to be eaten with a fasting stomacke, and to pause from eating any other meate, vntill this in the stomacke be halfe digested.

Diphilus writeth, that the Pompons eaten, doe greatly asswage vnnaturall heates of the stomacke, and mittigate wicked Agues.

Galen reporteth, that all kinde of Pompons, haue the propertie of cooling, and enioy a large moisture, yet those not without a manifest qualitie of clensing, in that the Seedes marueilously clense the face of sun-burning, of pimples, and foule spots.

This authour further addeth, that the same doth yeld and cause a wicked iuice, although it may sometimes be well digested of the stomacke.

Besides he affirmeth the same to cause Choller, and to yeld the plentie of moisture out of order.

The Pompons ought to bee eaten for the first meate, but in such maner that such which are fleumaticke do drinke olde wine after the same, and the Cholericke, to drinke some soure or tart thing after it, for on such wise handled, is all maner of harme auoided.

For this kinde of meate doth lightly alter into choller, or fleume, for which cause the ouersweet Pompon doth offend the Cholericke, and the fruit vnripe the fleumaticke.

Many worthy men preferre the long Pompons before the round, yet doe all the kinds moue or loose the belly, and cause vrine, so that they shall be ripe. For which cause they are iudged profitable for the kidnies, but the seedes more auaile, insomuch that stones there prepared

pared they marueilously expell.

The outward rinde of the Pompon applied to the forehead doth effectuously allwage and stay the running of the eyes.

Such which haue a hote stomacke, and encombred with Choller, are greatly harmed, if they drinke wine after the eating of the same, in that of the owne nature it is lightly caused, and the wine immediatly increaseth it more, and causeth a sharper humour in such bodies, and apt to vomit: yea this also extenuateth, grosse and clammy humours, yet doth it well agree, that the fleumatick eate of the Pompon, for as much as in the same is a substance tender and soluble, that is, the same which is next to the seede, for this doth not lightly corrupt.

The persons which eate of the Pompons, may not immediatly eate any other meate after them, in that those both corrupt, and alter the same eaten.

All the kindes of pompons prouoke vomiting, in bodies prepared, except the meate enioying a good iuice, be eaten immediatly vpon, for they on such wise, moue the speedier downward.

The greater number of Phisitions write, that those eaten, doth mittigate the veneriall act, and doe abate the genitall seede.

The seeds properly clense the face, if the skinne be sundry times washed with the decoction of them: the Pellons (as Galen reporteth in lib. de facultatibus alimentorum) haue the propertie of clensing, for which cause they may aptly cleere sunny spottes, pimples, and other foule spots both on the face and body.

The seedes of the Pellon cleane picked from their vpper skinne, and diligently brought to powder with Beane floure, this after the artly muring with Rosewater, and dried in the sunne like cakes, dissolue in faire water, washing the face sundrie times with it: for it marueilously clenseth, and procureth with wine a cleere face, yea the same mundifieth all foule spots on the skinne.

The seedes also haue the propertie of causing vrine, yea those purge both the Loynes and kidnies, but the seedes more auaile in the Loynes, than in the bladder, so that a mightier remedie must bee inuented for the stone in the bladder, than for the stone of the loines and kidnies.

The rootes of the Mellons, not onely cleanse, but heale the vlcers full of matter, being applied with honny in plaister forme.

Many there be, which eat the Mellon with vineger, but to it they adde and mixe, the Pennirotall and Onions, by which the harmfull force of the cold, might so be tempered.

Dyphilus writeth, that a little peece of the Mellone put into a pot with meat, causeth the speedier boiling of the Nettle or Mustard-seeds or the slip of the fig tree, on such wise ordered.

The commended helpes of the distilled water of the Mellons.

The best time for the distilling of Mellons, is when they be thoroughly ripe, which shredde small, distill after art, about the harvest time.

The distilled water of the Mellons drunke, helpeth singularly the stone, procureth vrine, and cleanseth the kidnies, the rather being vsed both morning and evening, for three or foure weekes together, vnto the quantitie of three or foure ounces at a time.

The said water, for a time drunke, not onely cooleth the Liuer, but cooleth and extinguisheth all inward heats not naturall: yea this tempered with Suger and drunke, ceaseth marvellously thirst.

The water drunke, in like maner abouesaid, amendeth speedily an old cough.

The water applied without the body, with linnen clothes wet in the same, not onely expelleth the heates, but the swellinges of the bodie, whereseuer those shall happen.

Worthie

Worthy inſtructions about the ſowing and ſetting of ſundry phiſicke hearbes, to theſe of the greateſt number of fragrant hearbes, and pleaſant floures: and firſt of the bleſſed Thiſtle. Chap. 32.

WHere afore we haue ſufficiently written of the apt placing and workmanly ordering of the moſt hearbes and fruites, both for the pot and ſallets, and for their benefits for the vſe of phiſicke: in this part following (for a further encreaſe and comfort of the ſimple) we purpoſe to entreate not only of the artly placing of ſundrie phiſicke hearbes, but to what vſes theſe ſerue for the aid and benefite of health.

And of theſe we entend to begin with that worthy hearbe named the bleſſed Thiſtle (for his ſinguler vertues) alwel againſt poyſons, as the peſtilent ague, and other perillous diſeaſes of the heart: which to many at this day is very well knowen, although great controuerſies haue been amongſt the auntient Phiſitions, about the true deſcription of the hearbe: for both the name and forme of the hearbe, doe declare the ſame to be a kind of thiſtle: yet the learned Ruellius writing of the bleſſed thiſtle, came neerer to a troth, and faithfuller deſcribed the forme of the hearbe, in that hee affirmed the ſame to haue a big ſtalke, and leaues criſped with prickles (after the condition of the Endiue) the flowre yellowiſh, and ſeeds ſmall, contained within the ſoft downe, (as in the other thiſtles) and that they do late ware ripe.

This hearbe named the bleſſed thiſtle, requireth to be ſowen in a well laboured ground, and the ſeedes ought to be committed to the earth in the firſt quarter of the moone, but thoſe not to be beſtowed in beds aboue three fingers deepe.

The hearbe alſo ioyeth and well proſpereth comming vp among Wheate.

The Phiſicke benefites and helpes of the bleſſed Thiſtle. 6

The hearbe of qualitie is hote and drie, which the bitter taſte of the ſame well demonſtrateth, beſides it dreth ſomewhat digeſteth: the herbe hath the nature and propertie of opening the ſtopping of members, of prouoking and cauſing vrine.

The bleſſed thiſtle either eaten or drunke deliuereth the patient from the mightie paine of the head which vereth about the eyes: this alſo putteth away the giddineſſe of the head, reſtoreth (by a like reaſon) memorie loſt, the hearing, and diſeaſes of the Lungs.

The leaues brought to pouder, and drunke in wine, conſume and ſend forth the fleume of the ſtomacke, but the leaues are the better and handſommer taken, if of the pouder pilles be made.

This in like maner purgeth the breaſt and bloud, and very much profiteth the conſumption of the Lungs. the leaues boiled in Wine, and drunke hote, doth ceaſſe gripinges, prouoke ſweate, breake the ſtone, and helpe the monthly termes.

The herbe for a time vſed, comforteth the braine and ſight, not onely if the ſame be eaten, but if the eyes alſo bee annointed therewith.

When the iuice of the hearbe cannot be had, then let the pouder, or the hearbe it ſelfe dried, be ſteeped for a night in water, and the eies waſhed with the ſame: The iuice alſo dropped into the eyes, remoueth the bloud conſiſting in them.

The bleſſed thiſtle reſtraineth or ſtoppeth the bleeding of the noſe, or mouth, if the hearbe be applyed to the place, from whence it runneth.

The pouder of the ſame herbe purgeth the Vuula, the Jawes, and throate and cauſe that the patient may the eaſier eat and ſpit forth fleume and greſſe humours.

The hearbe drunke in wine, amendeth a weake ſtomacke, procureth

cureth an appetite to meate, and abateth the heate: yea this consumeth the euill blood, and engendreth the good.

If the herbe shalbe boyled in water and drunke, the same consumeth euill humours, and preserueth the good, this boyled in wine and drunke, prouoketh sweate.

The herbe drunke boyled, or raw with wine, breaketh the stone, the same eaten, strengtheneth the palsie members, and recouereth the exulcerated lunges.

The blessed thistle boiled in the water of a healthfull male childe drunke, profiteth the dropsie persons, helpeth the plague, and dissolueth all impostumes: yea, this remoueth the canker and falling sickneſſe: the pouder of the leaues, vnto the quantitie of halfe a Walnut-shell at a time drunke in wine, is a moſte present remedie against the plague, if the same shall be receiued within foure & twenty houres space of the time grieued: If wine be boiled with the herbe, and drunke, profiteth the like: this by a like maner receiued, amendeth the rotten Feuers of the stomacke, and such encumbred with the scauer Quartane: the downe proceeding of the flowres of the blessed thistle, applied on deepe cuttes, and new woundes, doth in short time cure them without paine.

The pouder of the herbe mixed with meale, and a plaister employed of the same with hote vineger, helpeth the pushes and other swellings of the plague: the herbe cureth any manner of burning, and the blisters proceeding of the same, if afore dried, and mixed with the proper iuice it be applyed on the places.

This herbe drunke with white wine, remoueth the Collicke, and putteth away scabbes: the herbe chawed in the mouth, amendeth a stincking breath: the heatbe also bruſed, and applyed on botches speedely cureth them. yea, this recouereth the defaultes of womens places, and causeth the termes.

The bite of venemous beastes may be holpen, either with the iuice, or decoction of the heatb in water: the pouder of the herb eaten or drunke, helpeth stitches in the side, and the pleuriſie: this also profiteth infantes incombred with the falling sickneſſe, and wormes.

Manie worthie phisitions affirme, that the pouder or iuice, or the decoction of this heatbe doth expell all maner of poisons: the example

of

of which matter, Hieronimus Tragus (in his Herball) learnedly vttereth, where he reporteth that there was a certaine young maiden, which vnknowing thereof, did eate poyſon in an apple giuen to her, whoſe bodie incontinent ſwelled, and no medicine could aſſwage the ſwelling, vntill that the diſtilled water of this herbe was miniſtred to her, which in ſhort time mittigated or abated the ſwelling, to the wonder of many, ſo that on this wiſe the childe was deliuered from all perill of the poyſon.

A like hiſtorie reported of others, that a childe happened to ſléepe in the field open mouthed, into whoſe mouth an Adder crept & went down into the bodie, but after two ounces of the diſtilled water was miniſtred, the Adder incontinent crept forth again by the fundament without further harme or hurt vnto the childe. Wherefore againſt all poiſons, they affirme the pouder iuice, decoction or diſtilled water of this herbe, to be a ſinguler remedie, applied either within or without the bodie: but after the taking either of theſe, the patient ought to be diligently couered with clothes, that he may well ſweate for three houres ſpace.

The wine made in harueſt of the bleſſed thiſtle, and drunke in the time anſwerable, profiteth and helpeth all the griefes before vttered.

The commended vertues of the diſtilled water of the bleſſed Thiſtle.

THe time and order of diſtilling of the ſame, is that the hearbe alone, about the end of May be diſtilled.

The water diſtilled of the bleſſed thiſtle drunke vnto the quantitie of two or three ounces at a time, both morning and euening, putteth away head-ache, comforteth memorie, helpeth the giddineſſe of the head, and recouereth eſpecially all the griefes of the eyes, although they be but waſhed with the ſame.

The water in like maner taken, profiteth ſuch being in a cõſumption of the bodie. The water in like quantitie drunke both morning & euening, breaketh the ſtone, & cureth any burning, by often applying linnen

linnen clothes wet in the ſame.

The patient moleſted with the quartayne or any other Ague, by taking three ounces of the diſtilled water of the hearbe faſting, well a quarter of an houre before the fitte of colde begin, and lying downe to ſweate, be well couered with clothes, ſhall within certaine fittes ſo vſing himſelfe, be deliuered either of the one or other Ague, the like doth the decoction of the hearbe or the ponder drunke hote with wine.

Againſt eating Cankers, or any other putride vlcers, there is ſcarſely to be found any other worthier than the leaues, the Iuice, decoction, or water of the bleſſed Thiſtle. And notable diſeaſes hath the herbe recouered, eſpecially in women, whoſe breaſts were eaten and conſumed with the Canker, euen vnto the bare ribbes, by cleanſing firſt the places with this water, & applying after the ponder of the hearbe, which on ſuch wiſe handled, healed them in ſhort time.

And Bathes are profitably made of this hearbe, for the diſſoluing of the ſtone, and prouoking of the Termes.

What care and ſecretes are to be learned in the ſowing and ſetting of the hearbe Angelica. Chap. 33.

THe hearbe Smyrnium, which at this day of all the Phiſitions and poticaries throughout Europe is named Angelica: this when in the firſt yeare it ſhall come vp of the ſeede, yeeldeth ſtalkes of a foote and a halfe high, a finger bigge, rounde, tender, ſmooth, and bending backe to the earth: theſe alſo deuided and ſpread foorth into two, or three, and many times foure ſmaller ſtalkes or armes, in whoſe toppe are leaues in forme like to the leaues of the Smallach, but farre greater, and thoſe deuided into three partes, ſharpe faſhioned at the ende, and growing vnto twelue fingers in height and breadth, and green all the Winter.

In the ſecond or third yeare, ỹ ſtemme ſhooteth vp, out of the middle of the leaues, and in height two or ſometimes three cubites, encreaſing within a thombe bigneſſe for the more part, round, iointed, whitiſh and ſmoothe, & as the ſame were ſprinckled with duſky ſpots

and hollow within, beſet alſo with leaues in ioynt forme, much leſſer than the abouesaide. This alſo hath litle branches and certaine ſtemmes ſhooting forth, in whoſe toppe are great tuffes, well fiue or ſixe inches broad, and thoſe in forme imbolſſed round, and full of whitiſh floures, in which do after ſucceede two ſeedes, coniopned together, long, cornered, and of aſhie white coloure: thoſe alſo contained within the huſke, be longe, plaine, blacke without, white within, and the tough kernell couered with a rinde or pilling ſharpe edged. This encreaſeth in roote many times ſo bigge as the hand can claſpe about, and ſometimes bigger, yea it ſendeth forth the roote before the ſtemme be come vppe, which roote encreaſeth in yeeres well a foote of length, or into many parts deuided, being blacke without, and white within, bigge, ſolt, and full of Iuice, which being cut, ſendeth forth a yelow Iuice or licoure from the inner ſide of the rinde, and a like licoure is contained in the veines of the leaues, but the ſame more watery.

The roote, ſeedes, and leaues poſſeſſe an eger taſte, fretting the iawes, ſome what bitter, thinne, and aromaticke or ſweete ſmelling.

The moſt effectuous of all the partes, is the proper licour, next the ſeedes, then the roote, laſt the floures and leaues.

The hearbe Angelica loyeth to be ſowne in a wel laboured earth, and the ſame rather dry than moiſte, for the harming by wormes, after the comming vp, this requireth to bee diligently weeded about and ſeldome watered. This Angelica flouriſheth and beareth floures in the moneth of July and Auguſt.

The Phiſicke commodities of the Angelica.

The hearbe of qualitie is hote and dry in the third degree, it openeth, extenuateth, and diſſoluoth.

This hath ſpeciall properties againſt poyſons, it cleareth the bloud and body.

The roote is ſouueraigne againſt the plague, and all maner of poyſons the like doth the diſtilled water of the roote preuaile.

The pouder of the hearbe, vnto the quantitie of halfe a dramme, with a dramme waight of pure Triackle, giuen in foure or fiue ounces of the diſtilled water of the ſame, and the patient well cou-

red

red to ſweate, doth marueilouſly helpe the infection of the plague, and ſudden agues or ſweating.

And for lacke of Triacle, may a whole dramme of the pouder be miniſtred.

The roote of the herbe (after the infuſing in vineger) applied to the noſe, or the pouder of the roote drunke ſometimes faſting in wine, very much auaileth againſt a peſtilent ayre.

The diſtilled water of the Angelica, or pouder of the roote, ceaſſeth gripings of the belly proceeding of cold, if the belly otherwiſe be not coſtiue. To be briefe, the diſtilled water and pouder of the roote, recouereth al inward griefs of the body, and in the pleuriſie or ſtitches of the ſides, this is profitably miniſtred. The pouder of the Angelica (or as ſome write the diſtilled water of the herbe) helpeth ruptures, and the diſeaſes of the Lungs, it putteth away gripings of the belly, amendeth the ſtrangury, ſendeth forth the yongling and Termes, and diſſolueth all inward ſwellings of the body.

The roote boyled in wine or water and hony, and drunke, preuaileth in all the aboueſaid griefes, being in due order miniſtred. The Iuice beſtowed into hollow teeth, ſtayeth the running of them: the water of the herbe dropped into the eares, doth like auaile in the ſame. This alſo amendeth the dimneſſe of ſight. The leaues of the Angelica wrought with the leaues of Rue and Honny in a plaiſter forme, and the ſame workmanly handled, doth not onely heale the bit of a madde Dogge, but the ſting of venemous woormes. This plaiſter applyed on the head of the patient ſicke of the Ague, doth in ſhort time draw to it, all the heate of the feauer. The diſtilled water, Iuice, and pouder of the herbe, workmanly applyed in the deepe woundes, do clenſe, and regenerate or renue fleſh in the places.

The diſtilled water applyed with linnen clothes wet in it, doth marueilouſly aſſwage the ache of the hippes and gout, in that the ſame conſumeth ſoft and clammy humors gathered

Many other vertues of this hearbe may be gathered by the former helpes vttered.

The ſeedes haue like properties as the roote poſſeſſeth: the wilde Angelica is weaker in vertue, but boiled in wine and applyed in plaiſter forme, doth eſpecially cure new and old vlcers.

What care and diligence is required in the early ſowing of the hearbe Valerian. Chap. 34.

THe Valeriane groweth vppe with a long and high ſtemme, iointed and hollow, bearing on the toppe a tuffe, and flowers purple mixed with a whiteneſſe, or white mixed with a rednesſe, after the forme of Organy, the roote as bigge as the little finger, and white, with many other ſmall rootes branching in the earth, and theſe yelowiſh of colour, ſweete in ſauoure. And this doth Hieronimus booke report to be true Valerian, and that rare to be found, which for the rareneſſe, is at this day ſowen in many Gardens. The Valerian commeth very well vp, being beſtowed in a moiſt and well dunged ground, and the hearbe after the comming vp, requireth to be often watered, vntill it hath yeelded a high ſtemme.

The Phiſicke benefits of the Valerian.

THe hearbe of qualitie heateth in the third degree, and drieth in the beginning of the ſecond, and the roote eſpecially ſerueth for the vſe of Phiſicke.

The roote of the Valerian brought to pouder, and drunke in wine, prouoketh ſweate and vrine, the like performeth the roote it ſelfe being boyled in Wine: yea, this alſo amendeth the paine and ſtitches of the ſides and backe.

The roote dried may be kept for three whole yeares, and gathered eſpecially in the moneth of Auguſt.

The pouder of the roote of Valerian, mixed with the white Helleboor or neſe wort, and the flowre of wheate, this in apt places layed, killeth Mice. The roote boyled in white wine with Fennell and parſely ſeedes, doth mightily prouoke the vrine, colde, helpeth the paines in the ſides, and moueth the Termes.

This alſo preuaileth againſt poyſon, and the plague, by drinking of it.

Certaine do boile the roote of the Valerian, with Fennell, Anniſe ſeedes, and Licouriſe, for the cough and ſtraightneſſe of breath.

The

The greene hearbe and freſh roote bruſed, and applyed, doth mittigate the paine of the heade, ſtay fluxes, and profiteth the ſhingles.

The flowers or roote boyled in wine, and dropped into the eyes, procureth a clearenelle of them, healeth the great piles in the fundament, and other vlcers, but this eſpecially amendeth the dimneſſe of ſight, as Ieronimus booke witneſſeth.

The worthie vertues of the diſtilled water of the Hearbe.

THe conuenient time of the diſtillation of the ſame is, that the roote, hearbe, and ſtem, with the whole ſubſtance be ſhred togither, and diſtilled about the end of May.

The diſtilled water of Valerian, drunke vnto the quantitie of foure ounces at a time, both morning and euening, and linnen clothes wet in it applyed vppon, doth in ſhort time amend vlcers, olde ſores, and thoſe cauſing ſwellings: yea, this auaileth againſt the piles, by applying linnen clothes wet in it.

The ſaide water drunke in like quantitie, both morning & euening profiteth the creature hauing any bone broken: this alſo helpeth a rupture, or a body broken: and dropt in the eyes, cleareth them.

The diſtilled water of the Valerian, drunke vnto the quantitie of a ſpoonfull at a time, euery morning faſting, doth expell the long woormes in children.

This water drunke in like maner, as afore vttered, profiteth againſt poyſon, and a peſtilent ayre: it healeth new and olde wounds, cleareth vlcers and impoſtumes within the body, and remoueth the ache of the hips.

The diſtilled water orderly drunke procureth cleare eyes, remoueth the paine in them, and procureth ſweat, this poured into troubled wine, cauſeth the ſame purer and clearer to be drunke.

The ſaid water aſſwageth the pain of the members, proceeding of an vntemperate coldnes, by daily annointing the members with it.

The vertues of the diſtilled water of the rootes of Valerian.

THe diſtillation of this water is to bee wrought, from the fifteenth day of Auguſt, vnto the eight day of the Moneth of September.

This diſtilled water drunke, as afore taught, doth remoue poyſon and profiteth againſt venomous beaſts.

The water diſtilled drunke faſting, vnto the quantitie of fiue ounces at a time, before the fitte commeth, deliuereth the Quotidian Ague.

The ſaid water in like quantitie giuen, and both annointed, and applied with linnen clothes wet in it, amendeth the ſtitches in the ſides.

When two perſons at variance, ſhall drinke a quantitie of this water out of one cup together, it doth after procure them friendes, and loning one to another.

The diligence required in the beſtowing of the hearbe Bytonie. Chap. 35.

THe Bytonie is an herbe, hauing a ſlender ſtemme, and foure ſquare, growing in many places a foote and a halfe high, the leaues long and ſoft and indented round about, like the Oken leaues, and ſweete ſmelling, among the which, greater leaues are thoſe growing nigh to the roote: in the top of the ſtemmes is the ſeede, eared after the maner of Sauerie, the rootes ſpreading ſmall, and beareth purple flowres.

The herbe Bytonie ioyeth to be ſowne in a moiſt & colde ground, and by a brick or ſtone wall to enioy the ſhadow of the ſame, for the herbe much delighteth to ſtand in the Sunne beames.

The

The Phiſicke commodities of the herbe Bytonie.

The hearbe Bytonie (after the minde of the learned) is hote and drie in the firſt degree complet, or in the middle of the ſecond, and hath the nature of cutting aſunder, which is manifeſt of the taſte, that is ſower and ſomwhat bitter.

The hearbe boyled with the floures in wine and drunke, ſtaieth belching, the rawneſſe of ſtomack amendeth, and the ſoure reſtings correcteth. The ſelfe ſame may the diſtilled water, or a confection made of the floures with ſugar, or the pouder of the drie hearbe it ſelfe, or miniſtred with honny.

The heard drunk in wine, very much profiteth the diſeaſes of the Matrice: and this to be briefe, is auayliable to all inward griefes of the body, in what maner ſoeuer the ſame be taken. For this giuen in Pulſe vineger vnto the quantitie of a dramme, profiteth in the ſending forth of the harmefull humours of the Stomacke, Liuer, Milte, Kidneyes, Bladder, and Matrice.

The perſon which feareth to haue drunke poiſon, by taking a dram waight of pouder in wine, ſhalbe deliuered of the harme both by vrine and ſiege.

The hearbe (after the boyling in water) drunke, profiteth phrenſie perſons: ſuch hauing the falling ſickneſſe, the Paulſie, and ache of the Hips.

The hearbe helpeth digeſtion, if any after ſupper eateth vnto the bigneſſe of a beane of the ſame, being afore boyled in honny, this alſo ſteped in wine for a night, and drunke ſtayeth vomiting.

The hearbe boiled in wine and drunke, expelleth the Ague, and miniſtred to the waight of two drammes, with Hidromel, ſendeth forth the water betweene the ſkinne, and many humours.

The pouder of the Hearbe to the weight of a dramme drunke with wine both ſpeedely help the Jaundiſe, and ſendeth downe the Termes.

The Bytonie boyled in wine and ſtrayned, if with three drams of Hiera Pigra Galeni mixed and drunke faſting, gently purgeth the belly: the Herbe boyled with Honny, recouereth the conſumption of the body, and mattery ſpittings of the Lungs.

The

The herbe bruſed, and applied in plaiſter forme on the hurt of the head, as witneſſeth Apuleius, doth by a maruellous ſpedines cloſe and heale the ſame, yea, this hath ſuch a propertie, that it faſteneth broken bones, and by this force draweth forth, and diſſolueth the clotted bloud.

The pouder of the herb giuen to the weight of a dramme in wine, ſtayeth the ſpitting of bloud.

The leaues bruſed and applyed in plaiſter forme on the eyes doth ſpeedely helpe the eyes bruſed or hurt by a ſtripe: the rootes alſo of the herb boiled to a third part in water, and the eyes ſupped with the ſame water, do ſpedely remoue the paine of them.

The iuyce of the herbe dropped into the eares with the oyle of Roſes, remoueth all maner of paine in them, the ſame amendeth the hardneſſe of fetching of breath, if the breſt be annointed therwith: the herbe eaten cauſeth the clearenеſſe of ſight.

The Bytonie boyled in old wine and vineger, vnto the conſumption of a third part, and gargalled in the mouth, remoueth toothach.

This drunke in wine, recouereth an euill colour of the body, the ſame boyled in wine and drunke, they affirme of experience to profit the diſeaſes of the Milte.

The eating of two ounces of the pouder with Honny for eight daies together aſſwageth the cough, two drammes of Bytonie and one of Plantaine, miniſtred with foure ounces of warme water before the fit of colde, putteth away the quotidian.

Three drammes of the pouder, with one ounce of pure Honny giuen in three ounces of warme water, before the fit comming, doth maruellouſly remoue the fits of the Tertian and quartane ague.

For griefe of the bladder, take foure drames of Bytonie, of Parſely rootes three ſcruples boiled, but the rootes of the Parſely afore boiled in a pinte of water, vnto the conſumption of the halfe, and then the Bytonie added to, and giuen to drink, which ſo deliuereth the paine, that neuer after it commeth againe.

The Bytonie drunk in wine, diſſolueth the ſtone, & helpeth al painfull griefes of the bladder: yea, his is moſt effectuous in ỹ ſtranguric, certaine perſwade for a ſingular remedy againſt the ſtone, to drinke the pouders of Bytonie, Veruaine, and Yarrow, by equall portions in water.

The

The rootes of Bitony boyled with the leaues vnto a third part away, and drunke in water, with the Hearbe applied alone, doe marueilously asswage (of experience knowen) the paine of the Gout.

The leaues heated betweene two new Tyles, and applyed to the forehead, do mitigate the griefe of the eyes, and stay the running of them, in that this among the other hearbes, which they apply to the head, obtaineth a principalitie.

The commended vertues of the distilled water of Betonie.

The time of gathering, and distilling of the Betonie, with the whole substance, is about the end of May.

The distilled water of Bitonie, as Hieronimus Brunsuicensis, a most expert Herbarian witnesseth, drunke vnto the quantity of foure ounces at a time, both morning, noone, and euening, putteth away the dropsie, Iaundise, and any ague.

The distilled water helpeth the diseases of the kidneys, mylt, and Lungs, and all those griefes before vttered: the water either drunke or applied on the places with linnen clothes wet in it, if the euill or griefe shall appeare without the body.

The skill and diligence required in the artly bestowing of the Hearbe Louage. Chap. 36.

The Louage ioyeth to grow by waies, and vnder the Eueling of an house, it also prospereth in shadowy places, but especially delighteth to growe neare to a running water.

This in the growing sendeth vp a long and slender stem, like to Dyl, iointed, with leaues round about like to the Pelyote, swete sauouring, tenderer and softer, towards the toppe smaller and much more deuided. In the toppe of the stem groweth a tuffe, in which consisteth the seede, blacke, hard, and long like to the Fennell seede being sharpe in taste, and swete in smelling, it also beareth a yelow floure, and hath a pale roote within, but blacke without, sharpe, sweete sauouring, tender, full of Iuice, and byting the iawes.

The hearbe for his swéete sauour is vsed in bathe, but the séede is of greater effect in medicine.

The Phisicke benefites of the Hearbe Louage.

This Herbe of qualitie is hotte and dry, in the third degrée, the seedes indure in strengh and vertue for three yéeres.

The drie roote bruised heateth the stomacke, helpeth digestion, expelleth superfluous humors, and drunke in wine, vnto the waight of halfe a dramme at a time, ceaseth all inward griefes: this also expelleth poisons, causeth vrine and the Termes, and performeth the like matters, which the Angelica doth.

The Hearbe boyled in wine or water, and drunke, openeth the stopping of the Liuer and milte, the hearbe bruised and mixed with Cummine, very much profiteth if the same be drunke in wine, for this recouereth the stomacke, and expelleth noyous windes out of the bowels.

The hearbe Louage with Galingale and Cinamon boiled in wine, and drunke with a fasting stomacke, amendeth the diseases of the stomacke, milt, and boweles, a pouder like to Eclegma prepared of the Louage seedes, Cinamon, Raponticke, and Galingale, with sugar in equall proportion mixed, and drunke in wine, auaileth vnto the aboue sayd diseases.

If any drinke a quantitie of the Louage séedes, in wine fasting, it procureth the person to purge both vpward and downewarde, the séedes after the boyling, giuen vp in glister forme, doth greatly ease the person pained with the Gout in the feete.

The Seedes stéeped for a night in white wine, & drunke fasting, doe mightely draw downe the Termes, yet are the seedes of themselues ouer forcible vnto the vse of the medicine inward, in that they ministred or applied in plaister forme, both breake and open vlcers, yea, expell mightily the dead yongling.

For which cause the strength of those seedes must be tempered, by a like waight of the Fennell and Annis seedes, which on such wise ministred, worketh his propertie in the bodie without harme.

But the seeds may safely be applyed without the body in any maner without any other addition to them.

The

The Louage ſeedes boyled artly in Wine, do aſwage the gripings of the belly and bowels, remoue the ſwelling of the ſtomacke, digeſt the humors of the ſtomacke, cure the bite of venemous woormes, procure vrine and the Termes.

A bath made of the Louage, Roſemarie, Penerayall, Sage, Catmint, Cammomyll, Melilote, the Cyttine, Stæchados, Mugwort, and Fenegrate, theſe together boiled in wine, and ſitting ouer the fume to ſweate, not onely openeth the poares of the body, and draweth forth all euill humours, but diſſolueth the ſtone, procureth vrine and the Termes healeth the Crampe proceeding of the fulneſſe of body, the paine of the Gout, the Palſie, the kings euill, and heateth all the inner members.

The roote bruſed and applyed in plaiſter forme, doth greatly auaile on the bitte of a mad dog, and venemous woormes, in that the ſame doth mitigateth and expelleth poyſon.

The commended vertues of the diſtilled water of Louage.

The time of the diſtillation of the ſame is, that the leaues ſhred together with the ſtems, be diſtilled in the middle of May.

The diſtilled water of the Louage drunke morning and euening vnto the quantitie of two or three ounces at a time, doth in ſhort time helpe them, pained with ſtitches about the breaſt and ſides, remoueth the griefe of the ſtone in the Loines and bladder, cleareth the hoarſenelſe of voice, and putteth away the dangerous ſwelling of the throat, by waſhing and applying on the ſame, linnen clothes wet in it.

The diſtilled water aſwageth the ſwelling of the head, and the aking of the ſame, if linnen clothes wet in it, be applyed vpon: it procureth a white and louely countenance, if the ſame be diligently waſhed both morning and euening with water.

This helpeth the puſhes and redneſſe proceeding of heate, happning commonly from the knee downeward, by applying linnen clothes wet in it, that ceaſeth the heat and cureth the puſhes.

This cureth the Canker of the mouth, if it be often waſhed with the ſame, and that at eche time, the pouder of the Barberrie roote be ſprinckled vpon.

This also cureth the griefe and exulceration of womens places, if these be washed there with for three or foure times a day: the same dooth the sayd water perfourme, if linnen clothes wet in it, be sundrie times applyed vpon.

What care and skill is required in the bestowing of the Herbe Elecampane. Chap. 37.

THe Herbe Elecampane groweth vp with a long stem, big and mossie, and the leaues with mossy heares on the one side, on the toppe of the stem, being many times a mans height, is a bigge yealow floure growing, in which the seedes are contained, and those by falling procure itch.

The roote within the earth reddish without, and white within, bigge, sharpe in taste, and swæte smelling. The roote is digged vp at the beginning of sommer, and slyced, dryed in the sunne.

This especially flourisheth in the moneth of July.

The Elecampane may not be sowen, in that the seedes bestowed in beds prosper not, but rather set the yong buds broken tenderly from the roote, in earth well dunged and laboured afore. And those beginne to set in the moneth of Februarie, well three foote asunder, one from the other, in that those send forth bigge leaues, and long rootes spreading in the earth.

The Phisicke commodities of the Elecampane.

THe Elecampane of qualitie heateth in the ende of the third degree, and moysteneth in the first.

The pouder of the dry roote mired with pure Hony, and vsed in forme of an Eclegma, amendeth the cough, the roote also of the Elecampane (artely prepared) defendeth the Lungs from euill humors, remoueth the ache of the Hyppes and ioyntes, and sicknesses proceeding of a colde cause.

This expelleth the grosse humors in man, and asswageth the ache of the Pucklebones: boyled also in wine, and mired with Suger in the

the drinking, amendeth that hard fetching of breath by the necke, especially holden vpright, and procureth vrine.

The pouder of the roote drunke in like maner sendeth downe the Termes, and this is profitably ministred against poyson, & the bite of venemous wormes and beastes.

The roote canded with Honny or Sugar, is sayd very much to preuaile against the daunger of a pestilent ayre, being afore eaten, for which cause the rawe roote (of many) is eaten in the plague time.

The roote of the Elecampane is canded after this maner, by plucking the roote out of the earth in the moneth of October, at what time the same is growne to a full ripenesse, which then is to be rubbed and clensed with a course heiry cloth, after this scraped faire with a sharp knife, and those rootes which are big, to be sliced into three or foure peeces so long as a finger, which after ỹ putting into a brasse chafer, to be tenderly boiled with vineger, but in such maner, as the peeces burne not to the sides or bottome of the chafer: within three dayes after the boiling, they are to be dried in the Sunne, and then bestowed into a newe earthen pot, well pitched about, on which a pleasant Suite poured to soke them in, and store of the herb Saueric prest downe vpon them: which done, the mouth of the pot to be diligently stopped with a skin or thick parchment.

The rootes may otherwise be ordered in scraping them cleane, and after the cutting of them into two or three peeces, well a finger long, to let those stirpe in water a whole day ouer hote embers, which done, to boile the peces two or three times ouer, in asmuch waighte of honny or sugar.

The conserue of the Elecampane roote, may be made by clensing and scraping the roote in the maner aboue taught: which done, to cut them into thinne round slices, letting them soke in water ouer the hote embers, for a long space, and to boile them vntill the licour bee all wasted, then to beate those in a stone morter, letting them after to passe through a strainer or linnen cloth: this done, to boile the whole with a like waight of honny or sugar, two or three times ouer,

All other rootes may in like maner be canded, and made into conserue, but farre pleasanter in the eating, if to the confection a quantitie of Sinamom be added.

The same also they name to be candied, when the roote or the thing candied, remaineth whole after the candying, but the conserue in a contrary maner remaineth not whole, in that the same is beaten small to the making of it.

The leaues of the Elecampane boyled in wine, and a plaister made of the same, applyed to weake and loose members, doth so much heate them, that in short time they recouer strength and health.

The Elecampane putteth away yre and heauinesse, comforteth the heart, and sendeth forth the superfluous humours by vrine: this also (after the mind of Hippocrates) causeth mirth.

The hearbe defendeth and preserueth the skin of the face, and like garnisheth the whole body with a continuall cheerefulnesse, the wine also of the Elecampane made, heateth colde members, the same drunke orderly, helpeth all the diseases which are afore vttered.

Here note, that all wines boyled or made of the hearbs, doe more prevaile in the morning, than at euening.

The Elecampane boyled with Pellitory, and mired with oyle, applyed hote to the belly, ceaseth the gripings of the bowels, and the same applyed vnder the Nauell, remoueth & helpeth the strangury.

The worthy vertues of the distilled water of the leaues of the Elecampane.

The time aunswerable to the distillation is, that the hearb and root shod togither, be distilled in the moneth of May.

This water drunke morning and euening, for fiue or sixe daies togither the quantitie of an egge shell full at a time, expelleth the griefe of the stone.

The distilled water drunke in the sayd maner, or a quantitie bestowed in drinke, helpeth the person broken: the same also drunke, & the head annointed therwith, in such maner as the same may dry in, greatly comforteth the head.

The distilled water drunke morning and euening for certaine daies togither, comforteth and strengtheneth the stomacke, amendeth the hard fetching of breath, the cough, pleurisie, poyson, the stone, and termes in women.

The

The distilled water strengthneth the members annointed therewith, and the more by daily drinking thereof: this also expelleth the stone of the kidneyes and bladder, and the same cleareth the parts of the body, and causeth vrine, by drinking of it morning and euening, for certaine daies together.

The commended vertues of the distilled water of the root.

THe roote of the Elecampane is to be distilled about the end of May, or from the Moneth of July, vnto September.

The distilled water of the same drunke many dayes together, vnto the quantitie of two or three ounces at a time, healeth an inner rupture: the distilled water drunke in the sayd maner, helpeth the stone, prouoketh the termes in women, asswageth the griefe of the stone, and prouoketh vrine: yea, this drunke in the aboue said maner, sendeth the dead youngling out of the mothers wombe.

The distilled water either drunke or applyed with linnen clothes wet in it, remoueth the swellings of womens places: the sayd water also drunke or applied with linnen clothes, asswageth the swelling testicles, and onely this drunke often, doth amend them.

The distilled water drunke sundry daies vnto the quantity aboue sayd, both morning and euening, ceaseth the cough, and consumeth the grosse and clammy humours about the stomacke.

The care in the bestowing of the hearbe Pepperwort. Chap. 38.

THe Pepperwort is a seemely hearbe, yeelding leaues greater and broader than the Peache or Bay-tree, and those thicker, greener, and softer, the hearbe also growing a foote and a halfe, and sometimes two foote high, with a stiffe and round stemme, bearing on the top white and very small flowres, after these a small seede and long roote.

The leaues are soure, & bite in taste like pepper on the tongue, for which cause this is rightly named pepperwort: this groweth euery where in Gardens, and wel ordered in the ground, endureth for two yeeres,

yeares, in certaine places alſo (as wit neſſeth Ruellius:) it continueth greene ten yeares. It flouriſheth or beareth flowres in the moneth of June or July, and nexte yeeldeth the Seede.

The herbe Pepperwoꝛte ought to beſet before the beginning of Marche, after the growing vp, to be clipped and cut like the Siues, but this not often, for after ỹ firſt day of Nouember, the herbe ought not to be cut leaſt it periſheth or drieth through the colde ſeaſon enſuing. The herbe proſpereth and continueth two yeares, if the ſame be well dunged about, and diligently weeded.

The phiſicke benefits of the herbe Pepperworte.

THe herbe of qualitie heateth and drieth in the third degree, as Brunſfelſius reporteth, but Galen affirmeth the Pepperwoꝛte to be hote, as the Creſſes is, in the fourth degree, yet leſſer dryeth than it, and the leaues of this herbe doth by propertie erulcerate: the nature alſo of the herbe, is to cut and extenuate the meate receiued, and clammy humoures.

The Pepperwoꝛte is not to be vſed or taken inwarde without milke, and it hath the like properties as the Creſſes, which after the maner of condite thinges, muſt bee condited with milke and Salte. And the ſame may be made after this maner, by infuſing the freſhe leaues in newe milke: and after ỹ third day, ỹ whey preſſed foorth. Time, and Parſely mixed, and diligently beaten togither, this well ſodden and ſtrayned, to adde ſo much ſalt as ſhall ſuffiſe.

Seeing the leaues poſſeſſe ſuch a ſharpneſſe (as Dioſcorides reporteth) that they doe erulcerate partes within, for that cauſe may they aptly ſerue vnto erulcerating in the paine of the hips, if after the bruſing with an Elecampane roote, it be laide to the place a quarter of an houre. And this in the like maner lying to, aſſwageth the ſwelling of the Milt.

The roote beaten with barrowes greaſe, or with the Elecampane roote, and applied in platter forme on the hip grieued, doth deliuer the ache in ſhoꝛt time.

This amendeth the ſkinne of the face, by erulcerating, ſo that the ſame

same be after heated, with Oyle of Roses and wax. And on such wise it easily taketh away soule scabbes and leaprie, and the markes of Ulcers.

The roote of the hearbe Pepperwort tied on the Arme, or hanged about the neck, is supposed to ease or allwage the toothache.

The care in the bestowing of the Celondine. Chapter 36.

THe Hearbe Celondine shooteth vp a foote and a halfe high, and sometimes is more slender of stemme, bearing manie leaues, and those like to the Crowfoote, but softer and to a yealowishe colour tending, yeelding also a yelow floure like to the Violet.

The iuice in the hearbe of yelow colour like Saffrone, biting the tongue, sower somewhat bitter & strong sauouring. The roote about all one, but within the earth shedde into many yellowe hayrie rootes: It commonly groweth in shadowey places, by walles and in stonie heaps: this flourisheth at the comming of the swallowes, and all the Sommer, but it withereth at the departure of them.

The Celondine commeth vp in any earth, yet doth the same more ioy be sowed in a shadowey place, and the seeds ought to be committed to the earth in the moneth of February, which after the comming vp, will endure for two yeres, if after the shedding of the Sades, the stemmes be cut away, well foure fingers aboue the rootes.

The Phisick benefits of the Celondine.

THe Celondine is of qualitie hotte and dry, in the third degree absolute: but Platearius affirmeth the hearbe to be hote and dry in the fourth degree. Foure things are preserued of this hearbe, as the leaues with the stemme, the rootes, seeds, and iuice.

The iuice of the hearbe boyled in a Copper vessel with honey on the coles, and dropped into the eies, procureth a clearnesse of them, and putteth away the dimnesse of sight.

The iuice mixed with salt Armoniacke, and dropped into the eyes removeth the pinne and webbe growen on them, and causeth a clear-

neſſe of ſight. The hearbe with the floures diligently beate, boyling them after in water, and that water boiled, poure into a pot, ſetting the ſame againe ouer the fire, and well ſkimming it in the boyling, when the licour beginneth to ſeeth ouer, ſtraine it ſome after through a linnen cloth, which keep cloſe ſtopped in a glaſſe or a pot to vſe, for this dropped in the eyes, remoueth the dimneſſe of ſight.

The iuice of the roote cleareth the leaprie, if any annointeth the places therewith, and the patient after taketh the Sirrope of Fumitorie for nine daies together, both morning and euening, which without doubt recouereth and helpeth the ſame.

The iuice is to be purchaſed in May, as well out of the rootes as leaues and floures beaten together, and preſſed forth, which after the drying in the ſhadow, to be formed into little paſties.

The roote of the Celondine, boyled in white wine with Anniſe ſeeds, and drunke faſting deliuereth the Iaundiſe through ſtopping in the bodie, and applied (after the boyling in wine) or chawed in the mouth, aſſwageth the toothache.

A handfull of the Celondine purged, boiled in an equall quantitie of Roſe water, and ſtrained, to which an ounce and a halfe of Triacle added, is a moſt effectuous remedie againſt the plague.

The roote boyled in wine, and applied in plaiſter forme on the Shingles or Tetters, ſpeedily healeth them, the hearbe dryed (as Plateanius reporteth) boyled in wine, and applyed vpon, or a ſponge wette in the ſaide decoction, remoueth the Cholick paſſion.

The ponder of the roote, ſprinckled on woundes and vlcers, both cleanſeth and healeth them.

For the Canker of the mouth, bone, or ſinewes, the ponder of the ſaid roote, with the ponder of Roſes wrought together with vineger, and boiled vnto a meane thicknes, like to muſtard, and the canterous parts annointed with it, doeth much auaile.

For prouoking of the Termes, and cleanſing the matrice, let a foment be often applied with the water of the decoction of the ſame.

The commended vertues of the diſtilled water of Celondine.

The time of gathering and diſtilling of the Celondine is, that the hearbs with the whole ſubſtance be ſmall ſhred, and diſtilled in the

the middle of May.

The distilled water drunke vnto the quantitie of foure ounces at a time, both morning and euening, expelleth the yellow Iaundise: this drunke in the like maner, auaileth against the gripings of the belly.

The distilled water drunke in the aboue said maner, mitigateth the ague, and remoueth scabbes caused of cold, if they often be bathed or soupled with it.

The distilled water drunke vnto the quantitie of two ounces at a time, either twise or thrise a day, profiteth vnto the stopping of the liuer and milt.

The water dropped into the eies, correcteth the pinne and webbe, putteth away the rednesse of them, and causeth a sharpe and readie sight.

If the mouth be washed with the said water, it ceaseth the tooth-ache, and putteth away spots of the face, if the face be washed with this water.

The distilled water drieth and healeth a Canker, yea Fistula also, and remoueth pestilent pushes, if a linnen cloth wet in it, be applied on the places twice or thrice a day.

The care in the bestowing of the hearbe of Filipendula. Chapter 40.

The hearbe Filipendula groweth in stony and rough places, as on hils, bearing a leafe like to the wilde Parsenep, or Parsly, the stemme big, and a foote or somewhat more in heigth, yeelding on the toppe a white floure, in the moneth of July, after that the Seed like to the Orache, and a big roote, out of which many round heads or kernels grow.

The roote ought to be digged vp in the ende of harueſt, which endureth for ten yeares.

The Filipendula commeth well vp in any earth, yet doeth the hearbe more ioy, being sowen or set in a stony or grauelly ground: the Seedes require to be committed to the earth in the moneth of April, and to be like ordered, after the shooting vp in the weeding and watering as afore taught of the other hearbes.

The Phiſicke commodities of the hearbe Filipendula.

THe Filipendula of qualitie is hote and dry in the third degree, which his vehement bitternelle, ſufficiently declareth.

The ſeed, leaues, and ſtemme of the Filipendula, drunke in wine and hony boyled togither, ſend downe the after burden, and further the birth of the childe.

The roote of the Filippendula brought to pouder, and drunke in wine, not only helpeth the kinges euill and ſtrangury, but the ſtone, paine of the kidneys, and ache of the hips.

The pouder of this roote taken in wine, remoueth the ſwelling and coldnelle of ſtomacke, helpeth the hardnelle of fetching breath, and ſuch ſhort winded, yea all ſicknelles which proceed of a colde cauſe.

The meale of this roote mixed with meat and giuen to eate, recouereth the falling ſicknelle, by ſundry daies vſing.

Againſt the hardnelle of fetching breath, take this pouder, & Gentian in like waight, and vſe the ſame in meat, for this without doubt auaileth in ſhort time.

The commended vertues of the diſtilled water of Filipendula.

THe choſen time for the diſtilling of it is, that the whole hearbe with the roote be finely ſhred togither and diſtilled in the end of May.

The diſtilled water of Filipendula, drunke vnto the quantitie of three ounces at a time, both morning and euening, recouereth the plague.

The ſaid water drunke vnto the quantitie of foure or ſix ounces at a time, auaileth againſt poiſon, if a man by hap hath either eaten or drunke poyſon.

The diſtilled water drunke vnto the quantitie of foure ounces at a time, both morning and euening, diſſolueth and cureth the ſtone of the kidneys, and bladder.

FINIS.

¶ A neceſſarie Table to the ſeconde part of this booke, breefly ſhewing the Phyſicall operations of euery hearbe and plant therein contained, with the vertues of their diſtilled waters.

A

ANgelica cureth poyſons, cleareth bloud, and preſerueth the body againſt the plague. fol. 162.

Angelica auaileth againſt the peſtilent aire, it recouereth all inward griefs, it helpeth ruptures, it amendeth the dimnes of the ſight, the bit of a dog, the heat of the feuer, deepe wounds, reneweth fleſh. &c. fol. 163

Angelica aſſwageth the ache of the hips and the Goute, it cureth new and old vlcers. fol. 163.

Artochoke reformeth the ſauour of the mouth. fol. 53.

Artochoke cauſeth vrine and venerall act. fol 53.

Artochoke amendeth the hardeneſſe of making water and the ranke ſauour of the Arme pits. fol. 53.

Artochoke ſtrengthneth the ſtomacke, & helpeth the priuy places, that men children may be conceiued.

Arage or Orage helpeth the ſtopping of the liuer, it ceaſeth the ſhedding of the gall or yelow laundiſe, it caſteth vp choller, ſoftneth the belly, healeth impoſtumes, ſwellings, ſwimmings, drawing of the wind ſhort, expelleth worms, prouoketh vomiting, helpeth a hot liuer, looſeth the belly, & deliuereth the paine of the bladder, helpeth the ague, profiteth againſt ſpitting of bloud: it helpeth the mitrice, draweth a thorne or naile out of the skinne: it looſeth rough nailes from the fingers, it helpeth the hote goute in the feete, it ſoftneth the belly being hardned by heat, and remoueth ſwellings. fol. 18. 19.

B

BEete looſeth the bellie, prouoketh vrine, purgeth the body of euill humors. it helpeth the ſmelling, the paine of the eates, and of the gums, it procureth haire to grow, and killeth lice, nittes, and dandrie: it healeth whelkes, bliſters of ſcalding and burning, gripinges of the bellie, ſtayeth a looſe bellie, driueth awaye the wormes of the bellie, helpeth the obſtructions or ſtoppings of the Liuer, the corrupted ſplene and the ſhingles. fol. 14. 15.

The diſcommodities of the Beete: it grypeth and biteth the ſtomack, and encreaſeth euill humors. fol 15.

Beete ſofneth the bellie, cureth the biting of a Scorpion, the beating paine of the temples: it profiteth the Oyle on the milt, it reſtraineth the tearms. fol. 7.

Borage procureth gladſomneſſe, it helpeth the giddineſſe and ſwimming of the head, the trembling and beating of the heart, it encreaſeth memorie, and remoueth melancholie. and the kings euil, it doth onely comfort.

Bugloſſe preuaileth for the roughneſſe of the throat and cough. it procureth gladſomnes, it purgeth red choller, it expelleth the noyſome humours of the lungs, it remoueth the ſwelling of the feete: it preſerueth a good memory, it comforteth the heart, & engendreth good bloud. fol. 28. 29.

Bucks horne helpeth the griefes of the ioyntes, it bindeth, it putteth away the feuer. fol 77.

Betony ſtayeth belching and rawneſſe

of the ſtomacke. fol. 165.
Bitonie profiteth the diſeaſes of the matrice, and all inward griefs. fol. 165.
Bitonie purgeth all poiſon, it profiteth frentic perſons, falling ſickneſs, palſy, ache of the hips: it helpeth digeſtion, ſtayeth vomiting: it expelleth the ague, &c. fol. 165.
Bitonie faſteneth broken bones, diſſolueth clotted bloud. fo. 168
Bitonie ſtayeth the ſpitting of bloud: it helpeth the eyes bruſed, and the paſſe of them: it helpeth the pain of the eares: it cauſeth cleereneſſe of ſight, remoueth tooth-ach, the quotidian, tertian, quartain ague, the griefe of the bladder, &c. fol. 168.
Bitonie aſſwageth the paine of the gout, &c. fol. 169.
Bleſſed thiſtle cauſeth vrine, helpeth the megrim, reſtoreth memorie and hearing, helpeth the diſeaſes of the lungs, purgeth fleume of the ſtomack and bloud, helpeth conſumption of the lungs, gripings, prouoketh ſweat, breaketh the ſtone, and helpeth the monthly Termes. It comforteth the braine and ſight, purgeth the bloud in the eyes, ſtoppeth the bleeding at the noſe, purgeth the Vuula and ceaſeth the ſpitting of fleume. fol. 168.
Bleſſed Thiſtle helpeth a weake ſtomacke, procureth appetite, abateth heate, conſumeth euill bloud, prouoketh ſweate, ſtrengthneth the palſie members, recouereth the lungs exulcerated: it profiteth againſt the droplie, helpeth the plague, impoſtumes, cankers and falling ſickneſs, it is a preſent remedie againſt the plague, the feuers of the ſtomacke, and the quartaine. it cureth greene woundes, puſſes, ſwellinges of the plague, any burning, the hollicke, ſcabbes, a ſtinking breath: it helpeth womens paines: it helpeth ſpitches, pimples, and infantes incombred with the falling ſickneſſe. fol. 150.
Bleſſed Thiſtle expelleth poiſon with two examples. fol. 160.

C

Colewort helpeth the hardneſſe of making water, the canker ſores, the vlcers in the pappes of women, aches in the ioynts, hardneſſe of hearing. fol 9.
Colewortes procureth the monethly courſe of women, it cureth the ſoreneſſe of eyes: it profiteth againſt the eating of venemous muſhromes: it maketh children to goeſpeedilier alone, cutteth the diſeaſe of the Splene and Iaundiſe: it cleanſeth the ſcurfe and leaprie: it amendeth the voice and griefe of arteries: it cureth the bite of a dogge, it helpeth the Reume and falling of the vuula: it helpeth the bit of a Serpent or Adder: it cureth the goute, ioynt ſickncs, old vlcers, purgeth the head, draweth the termes or reddes downe, and qualifieth inflammations. fol. 10.
Colewortes aſſwageth great ſwellings: it breaketh botches, ſtaieth the ſheading of haire, the diſeaſe of the ſplene: it cureth eating vlcers, canker ſores, griefes of the ſlancks or ſides, head-ach, a drie cough: it drieth a moiſt belly. fol. 11.
Colewortes bringeth theſe diſcommodities: it hardeneth the bellie, it harmeth the fleumaticke, and women hauing the redde courſe on them. fol. 11.
Cheruill prouoketh vrine, and ſendeth down the terms in women: it looſeth fleume: it putteth away gripinges of the belly, it engendreth winde: it killeth wormes in the belly: it healeth a canker: it ceaſeth ach in the hips: it recouereth the dandry of the head: it healeth running ſores, it healeth the

the bit of a madde dogge it breaketh the ſtone of the bladder, and prouoketh vrine, it diſſolueth the bloud gathered into knobs. fol. 72. 73.

Cheruil healeth impoſtumes behinde the eares. fol 73.

Creſſes dryeth ſuperfluous humours, it expelleth the dead youngling: it eaſeth the cough and looſeth the breſt: it auaileth againſt the palſie of the tongue. fol 73.

Creſſes are not to be vſed alone. fol. 73.

Creſſes reſtraine the diſtillations of the head, clenſe the braine and paine of the head, helpe againſt the palſey, prouoke neeſing, and amend the lythargie and ſleeping out of meaſure: dryeth the vuula, helpeth infections of the head, as knobs and dandriet ſtayeth the going out of the fundament, expelleth the round and flat wormes in the bodie, theſe help the griefes of the breſt, the ache of hips, and griefe of the loines, purchaſe a readier vnderſtanding, and wit, remoue the chollick proceeding of a cold cauſe, helpe the ſtranguric, remoueth the paine of the teeth, and dooth affwage the ſwelling of the milt. fol. 73. 74.

Carots amend a cold reume, the paine of the ſtomacke, ſtopping of vrine, and chollicke, a dry cough, the hard fetchind of breath, the flure of the head, remoue wind, heat the ſtomack, helpe the ſtopping of the liuer, the vexing of the belly. fol. 128.

Ciccorie cureth ſcabbed places, cauſeth a faire skin, recouereth the ſtopping of the liuer, it purgeth the matrice: it helpeth the liuer, the vexing paine of vrine, the kings euil, the plague, burning agues, peſtilent puſhes, the gout proceeding of heat, and cureth the ſhingles. fol. 56 57.

Celondine, the iuyce of the hearb clearth the eyes, remoueth the Pinne and webbe, being mixed with ſalte Armoniacke. The hearbe remoueth the dimneſſe of ſight, the iuyce clenſeth the Leaprie, the roote draweth away the Laundiſe, and helpeth the tooth-ache, and healeth Tetters or ſhingles: the hearbe remoueth the chollicke paſſion, the pouder of the roote clenſeth and healeth vlcers, healeth the Canker of the mouth, bones or ſinewes being annointed with the ſame, boiled in vineger with the pouder of Roſes. fol 78.

Celondine boiled in Roſe water, and a quantitie of Triackle added to the ſame, is a moſt effectuous remedie againſt the plague. fol. 178.

Filipendula is of qualitie hote and dry in the third degree. fol. 180.

The leaues and ſtemme of the Filipendula drunke in wine and hony mingled together, helpe the after burthen, and furthereth the birth of the child: the roote brought to pouder, helpeth the kings euill and ſtrangurie, the ſtone, paine of the kidneyes, and ache of the hippes. Taken in wine, it remooueth the ſwelling and coldneſſe of the ſtomacke, hardneſſe of fetching breath, and all ſicknefſes proceeding of colde cauſes. fol. 179.

The water of Filipendula being drunke Morning and Euening, vnto the quantitie of three ounces at a time, recouereth the plague. The ſame alſo being drunke foure ounces at a time, is good againſt poyſon, and alſo diſſolueth and cureth the ſtone of the kidneyes and bladder. fol. 180.

E

Endiue preuaileth againſt the ſtopping of the liuer and milt, againſt the ſimple & double tertian, againſt the heat of the liuer, againſt burning impo-

impoſtumes, it draweth hot puſhes, it cureth the Cardiacke paſsion, it ſtayeth the flix, it helpeth the kings euil the ſhingles, hote impoſtumes and ſwellings, aſſwageth headach, the ſpitting of bloud, the exceſſe of ſperme. fol. 57. 58.

Elecampane amendeth the cough, the ache of the hippes, expelleth groſſe humors, ceaſeth the hard fetching of breath, it procureth vrine. &c. fo 172

Elecampane is profitable againſt poyſon, againſt the peſtilent ayre and plague, &c. fol 173.

Elecampane recouereth ſtrength and helpeth the ſtrangurie. fol. 174.

G

GArlike beateth the bodie, extenuateth groſſe humours, it expelleth wormes, cureth the bit of a Snake, taketh away blacke and blew ſpots, fol. 100.

Garlike harmeth the Cholericke perſon.

Garlike putteth away inward ſwellinges, openeth impoſtumes, killeth lice and nits of the heade, moueth vrine, helpeth toothach proceeding of a cold cauſe, ſtayeth the ſhedding of haire, cureth vlcers, remoueth lepry, procureth a cleare voice, and remoueth an old cough, correcteth the ſtomack, cooled dryeth vp the moiſture of the ſtomacke, it is a preparation againſt the bit of a ſerpent, reliueth the dulneſſe of ſight, healeth tetters & whelks, it reſiſteth poyſon, remoueth vrine, procureth Terms, draweth downe the after burden, cureth the bit of a mad dog, helpeth the digeſtion of the ſtomacke, the kinges euil, frenſie perſons, droſie, it ſtaieth the fluxe, an old cough proceeding of a cold cauſe, it helpeth woormes in children, expelleth the broode wormes in bodies, it cureth the bite of venemous things the ſwellinges of the bladder, healeth vlcers of the lungs, droſie being of a cold cauſe: it helpeth the griefes of the lungs & difficultie of vrine, headache, toothache proceeding of a colde cauſe, itche, the paine of going often to the ſtoole, expelleth a quartaine, cureth the pippes of hennes, it helpeth the ſtone. fol. 100. 101. 102. 103.

Garlike profiteth againſt contagions ayres.

Gourd comforteth the ſtomack, loſeth the belie, helpeth the heate of the eares profiteth leane men, purgeth gently, helpeth the corns of the toes, faſteneth looſe teeth, and helpeth the toothache. the inflammations of the liuer and bladder, impoſtumes, prouoketh vrine, helpeth all agues, aſſwageth the heat of the liuer, the inflammations of Infantes heades, the burning gout, the inflammations of the eyes, aſſwageth rumors vlcers on the priuie places, looſeth the belie, cooleth burning feuers, helpeth the ſhingles, fol. 148. & 149.

L

LEeke cureth the bit of a venemous beaſt, helpeth the difficulties of making water, ſtayeth the ſpitting of bloud, dulleth the ſight of the eyes, offendeth the ſtomacke. fol. 86

Leeke iuice ſodden draweth downe the Termes, procureth vrine, obtaineth a ſuperfluous heate, ſtayeth the bleeding of the noſe, cauſeth vomiting, and putteth away drunkennes being eaten raw. fol. 86.

Leeke amendeth an old cough & the vlcers of the lunges, healeth puſhes, the griefe of the eares and the toothache: it purgeth vlcers, remoueth the bloude clotted in bruſed members, ſtayeth the fluxe of bloud after birth, ceaſeth the bleeding of the noſe. profiteth againſt paines of the hippes,

coue-

macke, ceaſeth an old cough, helpeth the dropſie, ſtaieth the flixe of the belly, and helpeth a hoarſe voice. fol. 87.

Nero accuſtomed to eate an vnſet leeke with oile for his ſounding voice fo. 87

Leeke helpeth the paine of the head, it preuaileth againſt the exulcerations of womens priuie places, looſeth the difficultneſſe of making of water, aydeth the deliuerie of the childe, for the ſpitting of bloud and ſtaying the bleeding of the noſe is very profitable, cleanſeth the wounds, helpeth the ache of the hips, recouereth the waſting of the lungs. fol. 87. 88.

Lettuce procureth ſleepe, cauſeth good bloud, helpeth digeſtion, looſeth the belly cauſeth plentifulneſſe of milke in the breaſtes, ſharpneth the ſight, cooleth impoſtumes, helpeth the dropſie, cureth the ſhedding of ſperme, procureth ſleepe being laide vnder the couerlet, and profiteth cholericke perſons. fo. 63

Lettuce is noiſome vnto married men it dulleth the ſight of the eies, it abateth the veneriall act, it harmeth the fleumaticke: the ouermuch eating of Lettuce is as perilſous as Hemlocke fol. 64.

Lettuce helpeth the Tertian ague, it looſeth the belly, it repreſſeth drunkenneſſe. fol. 64.

Lettuce procureth ſleepe. fo. 65.

Louage helpeth digeſtion, expelleth ſuperfluous humours, it ceaſleth inward griefs, it expelleth poiſon, cauſeth vrine, &c. fo. 170.

Louage expelleth the ſtone of the kidnies and bladder, &c. fo 171.

M

MArigold helpeth the after burden of a woman, ſtayeth the fluxe of piſſing of bloud, it killeth the worms, it healeth puſhes, & ſtoppinges, and griefes of the liuer, comforteth the ſtomacke, and procureth appetite to meat, heateth a cold breſt, aſſwageth the paine of the teeth, it recouereth the palſie, and fit of the plague: is a preparatiue againſt the plague, it helpeth the quartaine, it helpeth the mis or colde ſtomacke. fo. 32. 33.

Mintes vncurdeth milke. fo. 42.

Mintes ſtaieth the belching of the ſtomacke and vomiting, it profiteth againſt the long wormes in the body, it helpeth the ſwolne pruritis, aſſuageth the fluxe of the bellie, and ſcouring with bloud, it ſtayeth the reddes in women. it healeth vlcers on the infants heades, quickneth the ſpirites, bringeth appetite, amendeth the default of the noſthrils, retaineth the fluxes of bloud, ſofteneth the pappes, and defendeth them from mattering, it looſeth the belly, procureth a ſeemely colour, profiteth the ſpitting out of bloud, aſſuageth the head ache, and the noyſe in the eares, it remooueth the dimneſſe of ſight, it amendeth the ſtrong ſauour of the mouth, it helpeth the teeth, and purgeth the gums, and healeth the bliſtering of the tongue, it comforteth in colde ſickneſſes, it ſtayeth the will to vomit, and helpeth the ſhingles, it diſſolueth and cureth impoſtumes, and helpeth the ſpottes in the eies. fol 43

Mallowes or Holihock remoue a hotte cough, recouereth the lunges bliſtered, and is a ſinguler remedie againſt the conſumption of the lunges, healeth the putrified ſores of the throat and mouth, looſeth the belly, and helpeth the hoarſeneſſe of the voyce, it ripeneth anie impoſtume and ſoftneth it. fol. 44.

Muſtard ſeede heateth and ripeneth, it breaketh impoſtumes without paine, it cureth the biting of a venemous beaſt, it helpeth the palſie of the tongue, and auaileth againſt all palſies, it helpeth the dropſie, the bliſtering

ſtering of the mouth, the ſwelling of the throte, it procureth a good memorie, it helpeth a colde gout, ſeratick, and feeblenesſe of ſinewes, it remooueth the dimneſſe of ſight, and putteth away the ſpots and webbe in the eies, it cauſeth thirſt, and prouoketh the venerial act, fol. 79

Muſtard ſeede preuenteth the falling ſickeneſſe, it purgeth the braine, it cleanſeth the braine from humours, it amendeth the ful of the vuula, and vlcers of the throate, it draweth downe fleume from the head, it remooueth the ſwelling of the lawes, it helpeth the ſuffocation of the matrice it ceaſſeth the ache of the teeth comming of colde, it breaketh the ſtone in the bladder, and procureth the Termes, it cauſeth a cleer voice fol 79. 80

N

NAtewes nouriſhe much profit the ſtomacke, encreaſe ſperme in man, preuaile againſt poiſon. Folio. 133

O

ONions maintaine health, cure vlcers, remooue ſpottes in the bodie, profite the eares running, helpe ſwellinges in the throte, and the cough, remooue the griefe of the ſtomacke, open pilles, cleare the eies, remooue the pin and web, amend the bloodſhotten eies, recouer the haires ſhed away, the biting of a madde dogge, &c. fo. 93 94

Onions eaten rawe harme the members. fo. 93

Onions harme the Chollericke, and profiteth the fleumaticke perſon, folio. 94

Onions ſtay the dropping of the eyes, helpe vlcers of the priuities, paine and noiſe of the eares, Diſenteria, griefe of the loynes, the water betweene the fleſh and the skinne, cure ſlumbering, and impoſtumes, paine of the breaſt, ſpitting of groſſe humours, purgeth the ſtomacke, cureth wartes. fol. 94

Onions often vſed, engender euill humours, procure thirſt, ſwellinges, windineſſe, head-ache, cauſe to become fooliſh, they nouriſh nothing. Folio. 94

Onions twice ſodden nouriſh Folio 65

Onions eaten rawe cutte groſſe humoures aſunder, open the vaynes, prouoketh Termes and vrine, encreaſeth appetute. purge the heade, remooue the white ſpottes on the face, heale kibes, remooue the redde and wanne ſpottes of the face, healeth ſcabbes, aſſwageth fluxes and gripinges in childbed, heale impoſtumes ſpeedely. fol. 95

P

PImpernell is eſpecially applied for poyſon, it drieth venemous blood from the heart, it ceaſeth the head-ache, it healeth a greene wounde, vlcers and other wounds, by experiment tried vppon a cocke: it mooueth ſweat, expelleth poyſon, remoueth the diſeaſe of the hippes, the cough, and purgeth the breaſt, and ſtone of the kidneies and bladder, and remooueth the ſtrangurie: the gripinges of the bowels, the ſtopping of the liuer and milte, it putteth away any feuer: an experiment againſt the Phiſicke of the Lunges fol. 26

Parſely dooth incarnate Vlcers and Carbunckise, it doth diſſolue the impoſtumes of the pappes, it amendeth the ſtopping of the Liuer, it prouoketh vrine, it ſtayeth looſeneſſe of the belly, ſtrengthneth looſe parts and helpeth the ſtone, it healeth the ſhingles, the hardly making of water,

ter, and ſofteneth the hardneſſe of the paps: It healeth the kidneies, remooueth vlcers out of the mouth, and launditſe, and helpeth womens monthly courſe: it is delectable to the ſtomacke, it expelleth winde in the bodie, remooueth ſcabbes, and maketh a faire skinne: it helpeth the ſwelling of the ſtomacke, & dropſie, it clenſeth the liuer and Leapry, and remooueth the paine of the Loins and bladder, it preuaileth againſt a feuer, it procureth a ſound braine and perfect memorie, and purgeth the blood, aſſwageth the ſtrangurie, and helpeth the biting of a madde dog. fol. 37.38

Parſeley Seedes are the principall cauſes, the Rootes the next, the leaues as third in working. folio. 39

Purſelaine aſſwageth hotte and Cholericke fluxes, and helpeth the burning feuer, helpeth the teeth beeing on edge, helpeth the ſhingles, hindereth veneriall act, and abateth ſleepe, it expelleth the woormes in the bellie, it ſtayeth the fluxe Diſenteria, ceaſſeth the tooth-ache, it helpeth the ſtomacke ſwollen, it cooleth inward heate, amendeth the vlcers on the priuities, it healeth an hotte impoſtume, it remooueth the vlcers of the head.

Purſelane helpeth ſwolne eyes, and ſpitting of bloud, it remooueth the burning feuer, it quallifieth the heate of the ſtomacke, it ſtayeth womens monthly courſe, it ſtayeth the bleeding at the noſe, and the head ache, it extinguiſheth the heat of the eyes, it ſtaieth Diſenteria, it ſtrengtheneth both the kidneies and bladder, it helpeth burning Feuers, it killeth the woormes in the belly, and ſtayeth the ſpitting of bloude, it helpeth excoriation in womens bowels, and the rawneſſe of priuie places: it helpeth the head-ache, it mittigateth a furious heate, it helpeth the nauels of infants, it ſtayeth the looſe teeth in the head, it aſſwageth the kernels and vlcers in the mouth, it mittigateth the deſire of often drinking, it remooueth wartes, it aſſwageth the goute, and inflammation of the paps, the fall of the vuula. &c. fo 68.69

Parſenep and Carots mooueth veneriall acte, procureth vrine, and aſſwageth the Chellericke, ſendeth down the Termes in women, it profiteth the Melancholicke, encreaſeth good blood, helpeth the ſtraightneſſe of making water, amendeth ſtitches of the ſide or pleuriſes the bitte of a venemous beaſt. it amendeth the eating of vlcers, the vvearing of this roote is profitable.

Poppy procureth ſleepe, helpeth the Reume, cough, and hicke of ſleepe. folio. 129

poppy recouereth a dry cough, conſumption of the Lungs, Reume, and debilitie in ſleeping, it draweth heat out of an vlcer, helpeth a hotte liuer, ſtrengtheneth the ioynts, remooueth the rage of the goute, profiteth againſt the ague. fol. 130

pompions or Mellons, are eaſie of digeſtion, comfort the heart, aſſwageth vnnaturall heates in the ſtomacke, they take away ſunne-burning and foule ſpottes. fol. 154

pompions profite the fleumaticke and Cholericke perſon. fol. 154.155

pompions which are round, looſe the belly, and cauſe vrine. fol. 154

Pompions aſſwage the running of the eyes. fol. 155

Pompions mittigate the veneriall acte, clenſeth the skinne, cauſeth vrine, purgeth the ioynts, kidnies, and bladder, heale vlcers, and cauſe ſpeedy boyling.

swelling in the throat. fol. 124

R

ROcket encreaseth the sperm, causeth veneriall act, causeth a giddinesse and paine in the head, encreaseth a strong heat, is hurtfull to the head, encreaseth milke in women and nourses, causeth vrine, softneth the belly, comforteth the stomacke, helpeth digestion, recouereth blacke scarres vnto whitenesse, amendeth pimples or pushes in the face, killeth nites and wormes of the head, helpeth brused bones, and bitings of venemous beastes, the iaundise, and hard swelling of the milt. &c. fol 69.70.

Rapes or Turnup sharpeneth the sight, yeeldeth nourishment, extinguisheth heate and drie blood, it stirreth veneriall act, cureth scabbes, helpeth digestion, hotte goutes and kibed heeles. fol. 116

Radish eaten before or after meat causeth winde, dulleth the braine, eyes and reason fo. 122

Radish profiteth the fleumaticke, helpeth the stone, stopping of the vrine by grauell, procureth vomiting, stayeth belchinges, the kinges euill, the cough, profiteth against poison, and to the handling of serpents, it helpeth the noise of the eares, the stopping of the liuer, it auaileth against all sortes of poysons and diseases, it cureth strokes of whippes or bruses, it cleereth scarres and pimples in the face, it deliuereth the quartaine ague. fol. 23

Raddish profiteth against the stopping of the milte it deliuereth the water betweene the skinne, and swolne milt, it eateth out the canker of vlcers, amendeth the old cough and fleume, it procureth vomitunges, it causeth mushromes to digest, it helpeth gripings in women, procureth milke, sendeth downe the Termes and wormes in the bellie, assuageth the

S

SAffron amendeth the hard fetching of the breath, procureth a faire colour, comforteth the heart, causeth healthfull blood, remooueth poysons from the heart, causeth long breath, expelleth infections, helpeth impostumes, in the breast, mooueth the veneriall act, and causeth vrine, helpeth head-ache, procureth the termes, remooueth the yellowe iaundise, it profiteth an vlcered breast, stomacke, liuer, lungs, kidneis and bladder, it helpeth the gout, impostumes, swellinges, the griefes of any sore, feeblenesse of the heart, pallie, the griefe of the eies, the distilling of eies, remooueth drunkennesse, and diseases of the eares fol 110.111

Sperage helpeth the pallie, kinges euill, strangurie, a hard milt, and stopping of the liuer; it recouereth the shedding of the gaule, it remoueth the swelling of the belly and cholick, it procureth vrine, and dissolueth the small stones in the bladder, it helpeth the griefes of the womens priuy place, it profiteth against the stinging of Bees, it helpeth the hardly making of water, the paine of the gummes, teeth, mouth, breast, and chine of the backe, it remooueth veneriall act, and looseth the belly: the dropping paine of the vrine, the difficultnesse of the same, the flixe Disenteria: It cleareth the kidneis, and stopping of the liuer. fol. 22.23

Spinage softneth the belly, moysteneth the bodie, remoueth the griefes of the breast and lunges, it profiteth in hotte causes, it nourisheth more then Araga, it assuageth the Choller, it helpeth the soreneesse of the throate, hoarse voice, the hardnesse of breath, the cough. &c. fol 24

Sorrell procureth appetite to meate,

preser-

preſerueth againſt the plague, it ripeneth ſores, it aſſwageth the flixe Diſenteria, the paine of the belly, & abortment of the ſtomacke, it helpeth the leapry and Ringwoormes, and rough nailes, the itch of the bodie, the paine of the eares and teeth. the kings euill, the head-ache, any ſicknes comming of heat, Iaundiſe, the reds of women, all fluxes of the belly, the ſwelling of the milte, the burning of the feuer. fol.77

Strawberry leaues helpeth hotte impoſtumes. fol. 77.

The ſtrawberry amendeth the hardneſſe of the ſplene, the ſtone, healeth wounds and vlcers, procureth the termes, ſtaieth the bloudie flixe Diſenteria, and cauſeth vrine, it helpeth inflamations of the Liuer, and cleanſeth both the kidneis and bladder, it helpeth aches, and prouoketh vrine, it faſteneth the Teeth, and ſtayeth the reume: it is good for cholericke ſtomackes, it putteth away the impoſtumes, of the throate, it remooueth the redneſſe and pimples which happen on the face through the heate of the liuer, it aſſwageth the redneſſe of the eies, the iaundiſe, fetching the wind ſhort, & cooleth thirſt. fo 78.79

Scalions or ſquill Onions, mooue veneriall act, cut the tough matter in the ſtomacke. 106

Squill Onion amendeth the dropſie, the fetching of wind hardly, the defaults of the liuer, the ague, exulcerations, purgeth fleumes, and the bellie, cauſeth vomiting. 107

Squill Onions amendeth the hard fetching of breath, an old cough, griefes both of liuer and lungs, expelleth woormes, melancholly. Apoplexie, falling ſickneſſe, the ſtone, purgeth the matrice, cureth the ache of the hipps, faſteneth the teeth, amendeth the ſauour of the breath, helpeth the hearing, driueth away warts, chappes of the feete, running ſcabbes, the dandrie of the head, the bite of ſerpents, procureth haire to growe, amendeth the foule gummes. the ſight of the eies, griefes of the ſides, expelleth all diſeaſes of the bowie: alſo it killeth mice, &c. fo.10

T

TIme remooueth ioynt ſickeneſſe, purgeth Choller and humoure, it helpeth the paſſions of the bladder, the ſwelling of the belly, it remooueth the griefe of the hippes, loines, and ſides: it amendeth the breaſt, and the inflammations of Hipochondria, or the flanckes, it helpeth melancholie, blearenes of the eies, and the paine of them: it aſſwageth the griefe of the colde gout, the ſtifnes of limmes, it aſſwageth the ſwellings of the Teſticles, it purgeth the bowells: it helpeth the hard fetching of breath, and falling ſickneſſe, it breaketh the ſtone of the kidneis & bladder, it helpeth the ſtinging of a bee. fo.40.41

Blacke time is not to be vſed. fo.41

Time which hath a purple floure, is commended: all Time is mightily hotte. ibidem

Time healeth the bite of an Adder, or ſnake, it helpeth the ſpitting of blood, it ſtaieth the Reume comming of a colde cauſe, it eaſeth the cough, and a cold ſtomacke, the head-ache, frenſines, Letharge and often ſlumbering, it openeth the ſtoppings of the Liuer and milt, and mooueth vrine, it recouereth the bittes of venemous beaſts, it helpeth the ſwelling in the throate, the cough, and purgeth the breaſt, it ſtaieth bloodie vomitings, it heateth the ſtomacke, it remoueth winde in the bowels, it ceaſeth the ſtrangury, it mooueth vrine, and expelleth the ſtone, fol. 34

V

VAllerian prouoketh ſweat, and vrine, amendeth ſtitches, killeth mice, moueth the termes, preuaileth againſt the plague, helpeth the ſtraitneſſe of breath, the head-ache, fluxes, and Shingles, procureth clearenеſſe of ſight, and healeth the pyles, fol, 164. 165.

W

WAter of the hearbe Valerian diſtilled amendeth vlcers, olde ſores, ſwellinges, piles, bones broken, ruptures: it cleareth the eyes, expelleth woormes: it profiteth againſt a peſtilent aire, impoſtumes and ache of the hips, it prouoketh ſweat &c. fol 165
Water of the rootes of Valerian diſtilled, remooueth poyſon: the Quotidian ague and ſtitches. fol. 198
Water of white poppie diſtilled, cureth the red ſpots of the face, procureth white handes: it helpeth the head-ache proceeding of heat: it extinguiſheth any heate. fol. 131
Water diſtilled out of Gourdes, looſeth the belly, ceaſſeth thirſt, the cough, helpeth the ſtones purgeth the kidneis and bladder, quallifieth burning feuers. fol. 150
Water of mellons, diſtilled, helpeth the ſtone, procureth vrine, cleanſeth the kidneis, cooleth the liuer, ceaſeth thirſt, breaketh the cough, expelleth heat and ſwellings. fol. 156
Water of the bleſſed Thiſtle diſtilled, putteth away head-ache, comforteth memorie, helpeth giddines, and all griefes of the eies, conſumption of the bodie, breaketh the ſtone, cureth burnings. fol. 160
Water of the leaues of Elecampane, expelleth the griefe of the ſtone, helpeth the perſon broken, comforteth head, ſtrengthneth the ſtomacke, amendeth the hard fetching of breath, the cough, pleuriſie, poyſon, the ſtone, and Termes of women, cauſeth vrine, &c. fol. 172
Water diſtilled ont of the roote of Elecampane healeth an inner rupture, aſſwageth the griefe of the ſtone, prouoketh vrine, it ſendeth the dead yongling out of the belly, it aſſwageth the ſwellinges of the Teſticles, it ceaſeth the cough &c. fol. 76
Water of Strawberrie leaues diſtilled remooueth the kinges euill, it looſeth the breaſt, purgeth the lunges, helpeth the cough, cleanſeth the leapry it mitigateth the heat in the eies, it ceaſeth ouermuch ſweating, it healthfull for the ſtopping of the Liuer. fol, 82
Water of Muſtard-ſeedes diſtilled, amendeth vlcers of the gummes, it helpeth the conſumption of members. it heateth the marrowe in the bones: this water profiteth againſt a colde diſeaſe in the ioynts. fol. 82
Water diſtilled out of Leekes remedeth the ſpitting of could blood: it profiteth a barren woman, it ſtaieth the bleeding of the noſe, it helpeth a coſtiue belly and ache of the hippes, purgeth the kidnies and bladder, prouoketh vrine, expelleth the ſtone, healeth woundes: it profiteth exulcerations and fracture of womens places. fol. 88. 89
Water diſtilled out of onions, recouereth ſwellinges, cauſed by the bite of a madde dogge, aſſwageth head-ache and tooth-ache, cauſeth haires to growe, expelleth woormes. fol. 95.
Water diſtilled out of Garlike, helpeth the ſwellings in the throate: alſo the greene ſickeneſſe and ſwelling of the ſpleene. fo. 104
Water diſtilled out of Rapes, helpeth gallinges, burninges, ſcaldinges, ſwellinges of the feete. fol. 117
water diſtilled out of Radiſhe, helpeth

eth digeſtion, the kings euill, wormes of the belly, cleanſeth the ſtomacke: it openneth all manner of ſtoppings, extenuateth the humours in the lunges, cleanſeth the breaſt, cauſeth a cleere voice fol. 125

Water of Radiſhe recouereth poyſoning taken in meat or drinke, helpeth the Quartane, draweth downe Termes, and helpeth the ſtone: aſſwageth the ſtinging of the Bee, profiteth againſt the venome of a ſpider, helpeth the pricking in the ſide, cleareth the eyes and the face: it remooueth yellowe or blackiſh ſpots by heating: alſo the ſwelling of the throat and cleareth the kidneis, breaketh the ſtone, and cauſeth vrine, and expelleth the water betweene the skin fol. 125

Water diſtilled out of Parſneps, helpeth the palſie, mooueth the veneriall act, and encreaſeth the ſperme, helpeth the paineſulnes in making of water. 18

Water diſtilled out of the roote of Louage, helpeth an inner rupture, helpeth the ſtone, prouoketh the Terms in women, remooueth the ſwellinges of womens places, and ceaſeth the cough, &c. fol. 171

water of Colewortes ſtayeth womens reddes, it profiteth the birth of a child, the dropping of the vrine: it ſtaieth a looſe belly, fol. 12

Water of the redde Colewortes ſofteneth the belly, putteth away the giddines of the head, helpeth the Apoplexie, the Cramp, palſie, inflammations, ſwellinges, Vlcers within the bodie and without fol. 12. 13

Water of the white Beete, preuaileth againſt the ſtone, it ceaſſeth the vexing paine of ioynt aches fol. 15

Water of Sorrell preuaileth againſt the plague: it remooueth all inward heats, ceaſſeth thirſt, helpeth the liuer and milte: alſo remooueth the ſhingles, ſcaldings, or burning, the kinges euill: it cooleth the burning heat of agues. fol. 27

Water of pimpernell helpeth the ſtone of the kidnies and bladder, and purgeth the rains: it helpeth the plague, profiteth women whoſe matrice is colde, and ſendeth downe the reds: it helpeth the ſhaking of the members: it expelleth griefe from the heart and euill humours, and prouoketh vrine. it profiteth againſt poiſon, and cauſeth a white skin. fol 27

Water diſtilled out of Borage, aſſwageth the griping, and ſwellings of the belly: it cureth Diſenteria, and hardneſſe of fetching breath: it comforteth the heart and braine, and rendereth a helpe to memorie and wit: it purgeth all bloud and frenſineſſe: it ceaſeth the ſtinging of a Bee or ſpider: it procureth cleerenes of ſight: it remooueth the ringing and paine in the eares: it comforteth the heart, it helpeth the Reume, burning Feuers and iaundiſe, it cooleth the liuer: it helpeth the flixe Diſenteria, the painfull fetching of breath, and decay of minde, the weake braine: it purgeth the blood, and pricking about the heart and breaſt: it cleanſeth the leaprie and ſcabbes, and ſtaieth the ſtilling of the head, the head-ache, the burning of the eyes, the ringing of the eares fol 30. 31

Water of Marigoldes diſtilled, recouereth all defaultes of the eies, and procureth cleere eyes, and alſo putteth away the griefes of the head. fol. 33.

Water of parſeley diſtilled, profiteth againſt the ſtone of the kidnies and loines: it purgeth the kidnies and bladder, and greatly prouoketh vrine, fol. 35

Water diſtilled of running Time, ſtrengthneth the head, braine, and ſtomacke: it alſo procureth appetite

to

to meate, it remooueth the noiſe and rumbling of the belly, it ſofneth the hardnes of the ſtomack and moueth vrine, it comforteth the ſight, and conſumeth diſtillations of the head, it helpeth a quotidian ague, it amendeth a cooled Liuer and Milte, and healeth the bowels exulcerated, it openeth the ſtopping of noſthirls and eares, it reſtoreth hearing, helpeth giddines, ſtaieth deſire to vomit and expelleth the gripings of the belly, it breaketh the ſtone, and moueth vrin, it cureth bruſed members fol 40.

Water of Marigoldes or holihocke diſtilled cureth the breaking out of the mouth, as alſo the outward and inward heate, the Shingles, vlcers, and all twellinges, it cureth all inward heates of feuers, it cooleth all impoſtumes of the lungs and ſides, it mitigateth the flux Diſenteria, the hote ſwellings of womens places, the kidnes & bladder, it expelleth the ſtone, it procureth ſleepe in a hot Feuer, & ceaſeth thirſt. fo. 44. 45

Water of Mints diſtilled ſtrengtheneth the ſtomacke and digeſteth the meat receiued, it helpeth the ſtopping of the liuer and mylte, it openeth the wayes of the vrine, it procureth an appetite to meate, it ſtayeth belching and vomiting, it recouereth a ſtinking breath, and putrified gummes, it ſtayeth ſounding and giddineſſe, it purgeth the matrice, it diſſolueth the milke courded in hard pappes, it healeth ruptures within, it reſtoreth the vuula fallen, it healeth the ſcabs of children, it helpeth wormes, and heateth a cold ſtomacke. fo. 45. 46.

Water of Cichory cooleth the heate of the ſtomacke, it preſerueth from the plague, it cureth carbuncles, it ſtayeth the riſing of the lungs, and ſtopeth the flixe Diſenteria: it openeth the ſtopping of the lyuer, it helpeth the ſwelling of the vuula and throat, helpeth waſted members, & the bite of venemous beaſts, helpeth the vlcers in the eyes, and the dimneſſe of ſight, the pinne and web, &c. fol. 58.

Water of Lettuce diſtilled profiteth the liuer, it cooleth the bloud inflamed, it ſtaieth the flixe Diſenteria, it amendeth trembling of members, and helpeth ſleepe, it helpeth women lacking milke, it ceaſſeth a drie cough, it mollifieth the throat, cleanſeth the breſt and lungs, ceaſſeth thirſt, tempereth heate of the ſtomacke, liuer & kidneies, it looſeth the belly fo 65.

Water of Cheruill diſtilled, helpeth me burſten and hurt by grieuous falls, and reſolueth the bloud clotted in lumps, it profiteth againſt the ſtone of the kidneis, it looſeth the belly: it procureth a good ſtomacke, comforteth the heart, putteth away ſhaking of the feuer, is healthfull for the head, and comforteth the ſenſes, it remooueth the paines of the lungs. fol. 75

Water diſtilled of Strawberries, amendeth an vnnaturall heat, ceaſſeth thirſt proceeding of the liuer, or of choller, it cooleth the liuer, looſeth the breaſt, refreſheth the hart, purgeth the bloud, helpeth the kings euill, preuaileth againſt the ſtone, loines and kidneis, it cureth bliſters in the mouth, it procureth womens Termes, helpeth a broken legge, healeth all foule legs, it cureth filthy wounds, and aſſwageth ſwellings of the face, helpeth the lepry, purgeth blood, remooueth ſpots out of thee yes, & comforteth nature, expelleth poiſons, aſſuageth burning humours and comforteth conception, ſtaieth watering in the eies, & coolth heat in them, reſtoreth a dim ſight, it cureth pimples in the face fo 81. 82.

Water of Betonie diſtilled, putteth away dropſie, iaundiſe & ague, cureth diſeaſes of the kidneys & milt. fo. 196.

FINIS. TABVLÆ.

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The Gardeners Labyrinth.

CONTAINING A DISCOVRSE of the Gardeners life, in the yearly trauels to be *bestowed on his plot of earth, for the vse of a Garden*: with instructions for the choice of seeds, *apt times for sowing, setting, planting, and* watering, and the vessels and instruments seruing to that vse and purpose:

Wherin are set forth diuers Herbers, Knots, and Mazes cunningly handled for the beautifying of Gardens.

Also the Physick benefit of each Herb, Plant, and Flowre, with the vertues of the distilled waters of euery of them, as by the sequele may further appeare.

Gathered out of the best approued writers of Gardening, Husbandrie, and Physicke: *by Dydymus Mountain.*

LONDON,
Printed by HENRY BALLARD.
1608.

But they are to be plucked vp to vse, before that the Parch violetts be in their full pride and florish: for if these be longer suffred, as vnto the time of the perfit flourishing of the violets, they are then founde feeble and withered. And for to know when the Scallions are ripe, it behoooueth the Gardener to marke whether the blades beneath be withered, for on such wise seene, denoteth the full ripenesse of them. And to possesse Scallions with bigge heades, it behoooueth the Gardener, to bestowe round about the rootes soft Cowe dunge, and to water them often, which growne to a reasonable heigth, hee must also tread downe and order as afore vttered in the dung of the Leeke.

The Squill Onion better commeth forward in the Garden being set with the head, then sowne in the seed, for when the seeds are committed to the Earth, they yeelde slowelie their secmely bushe and heads.

The owner may bestowe the heades of Squill Onions in well laboured and dressed beddes, so that the grounde be of a drie nature, and tending vnto a Saltnesse, whether grauelly or sandie, for they desire a like diligence to be bestowed on them, as is afore vttered of the Onion and Garlike.

The ancient and latter writers report, that there are two kindes of the Squill Onion, as the Male & Female the Male yelding white leaues, and the Female blacke. This strong by nature, will continue in the hanging vp (in a shadowie place) a long time greene, & it lightly groweth (as Theophrastus writeth) bestowed in drie earth, & spedily shooteth vp to a heigth, it keepeth fruits to be preserued, especially Pomegranats, the stalkes afore broken off: and this is saide to beare floure thrice in a yeare, for shewing by it, the three seasons of committing seeds to the earth, as the first time of bearing floures, to signifie the first time of plowing, the second time of floure bearing, the second time: the third, the last time: for how many times these appeare, euen so often is the earth accustomed to be laboured.

The floure also of the Squill Onion (as Bertius writeth) shooting vp in a straight stemme, if so be it doth not hastily wither, signifieth the large or plentifull yeeld of fruits.

The phiſicke helpes both of the Scelion and Squil Onin.

As touching the benefit of the Scallions, there is no other aide nor profit to be hoped after, ſauing that theſe yelde a more delight in the mouth, then the health of the bodie, for the Scallions ſerue to no other purpoſe, then to ſtirre vp or moue perſons vnto the veneriall act.

The Squill Onion hath the vertue of heating in the ſeconde degree, and cutting eſpecially of the toughe matter in the ſtomacke.

The Squill Onion vſed rawe, is verry hurtfull to the bodie, eſpeciallye to the inward members or partes, for which cauſe, the Squil Onion is not inwardly to be taken, except they afore be either roſted or boyled: or by ſome other manner prepared.

The worthieſt force of the ſame in medicines is, by ſharpening it eſpeciallye with Vineger, for which cauſe (being ſo prepared) is named the Squilliticke vineger, the making of whiche is after this manner.

Take the heades cleane pilled from the outward skinnes, thoſe (after the ſhredding) hange in a Sunny place, being ſtytched through with ſmall packthreed (in ſuche manner) that the partes bee a prettie diſtance aſunder, which like handled let hang for forty dayes ſpace.

The drie peeces after beſtowe into a hogſhead of moſt ſharpe Vineger, but in ſuch maner, that theſe of no part touch the veſſell. The Hogſhead after couered ſo cloſe, that no vapours may breath forth, and ſette into the hotte Sunne.

After the xlvii. day, let the veſſell be lifted vp, and the pieces taken forth, which done, the owner ſhall then poſſeſſe a moſte ſharpe Vineger.

There are others, which make the Squilliticke Wine after this maner: the pieces of it ſhred, they beſtowe into a veſſell of wine new made (that being put in) it may on ſuch wiſe heat togither: and they vſe this wine to thoſe purpoſes, as the Vineger.

The Phiſicke commodities of the Squill Onion are (as the learned

ned Constantine, in his booke de gradibus vttereth) to amend the dropsie persons such fetching the winde hardly, the defaults of the Liuer and Milt proceeding of clammy humors.

The persons sicke of the Ague, and hauing erulcerations or vlses within the bodie, ought to refraine the taking of the Squilliticke vineger. For the Squilliticke vineger or wine, purgeth grosse fleume, and corrodeth, procureth the going to the stoole, and vrine, & causeth vomitting.

The squill Onion (after the mind of Dioscorides) is rosted after this manner, this wrought in paste or clay is set into an Ouen or couered with coles, vntill the paste or crustie about it be sufficiently baked, which drawne or taken forth, if the head be yet not sufficiently softned, then after the couering of it with paste, the second time, and set it in an Ouen, bake the same throughly.

The Onions are also kindly baked or rosted in an Earthen potte, the mouth well stopped with dowe or course paste, and sette into the Ouen.

This besides cut into rounde pieces, & after the stitching through with Packthreed, that these be a pretty distance asunder, hang in the ayre from the Sunne beames, for on such wise handled, it serueth to the making of the oyle, vineger, and wine.

The singular Dioscorides teacheth the manner of boyling the Squill Onion, after this sorte: Take the middle partes (the outwarde skinnes pilled away) which after the slyting into partes and boyled, throw the first water forth, on which poure other water, boyling in like condition: and this so often do, vntill no more bitternesse nor tartnesse in the water bee felte: after these, the slices hanged vppe, and dried in the shadowe, as aboue vttered, which done, if half a dramme of the fine pouder be sucked downe with Hony, the same amendeth the long continuance of the hard fetching of breath, and olde cough, and the griefes both of the Liuer and Milte, yea the dropsie and Jaundise. The like worketh the Squilliticke Vineger, and the same expelleth woormes, and other corruptions in the bodie.

The Oximel made of the squiliticke vineger, expelleth melancholy, remoueth the Apoplexie & falling sicknes, breaketh & sendeth forth the stone, ỹ same also purgeth ỹ Matrice of clammie humors, and helpeth

the ache in the Yippes. The Squilliticke vineger fasteneth the teeth, by sundry times washing and rubbing of them with it, and amendeth a stinking breath.

The same dropped into the eares, remeneth the clammy humours hindering the hearing. The oile in which the squil Onion shalbe steeped, annointed on places, putteth away wartes, and cureth both the chaps and clifts of the feete: the same annointed on moist or running scabs, healeth (or at the least) correcteth them, putteth away the dandrie of the head, and profiteth annointed on the bite of Serpents, and other venemous wormes.

The squil Onion containeth in it an oile which is blacke: this oyle tempered with Honny, and annointed on a bald place, procureth haire to grow. The squilliticke vinegar holden in the mouth amendeth the corrupted and foule gums. The same used, procureth a clearer sight of the eyes: healthful and profitable it is to the greefs of the sides and stomacke, if a little be taken twise a day, but hastily drunk down, it overcommeth the partie for a while.

The squilliticke Onion boiled in wine and drunke, expelleth all the inward diseases of the body, and helpeth especially a hot and corrupt Liver.

The Squill Onion prepared in the aboue saide maner, and boyled with Wormewood and Hastick in water and vineger, and swetned with Sugar, helpeth vnto the stopping of the Liuer and Milt, recouereth the kings evill and dropsie, mightily causeth vrine, draweth downe the termes, and expelleth the dead yongling. If Mice happen to drinke of the water in which the squilliticke Onion shall be steeped for a night, they soone after dye.

The distilled water of the Squill Onion, mired with meale which Mice willingly eate, and bestowed in such places where they haunt, dooth in short time kill those which eat of the same.

What

What care and skill is required in the preparing and ordering of the Garden Saffron. Chap. 23.

AS touching the Garden Saffron, it ioyeth to be bestowed in a mean and chalkie ground, and euermore well laboured, and it may verry well be set in the beddes, where the Onions haue bene newly plucked vp. The Saffron refuseth watering and moisture, for which cause the heads ought to be set in beddes betweene which furrowes be made, that these may receiue the moisture falling, which they greatly feare. Besides these the heads are greatly endamaged through the resort of mice, and Moles, which greatly couet to feed on the roots or Onions of the Saffron.

The remedies against these two noyous beasts, are fully taught in my first part, which the reader may resort vnto.

The heads are rather to be bestowed in the earth, then the seeds, in that the seeds (after the committing to the earth) prosper not.

The heads are to be set on ridges, in the monthe of Aprill or May, and the heads laide on a heape, to lye and wither in the shadow from the Sunne beames, for the space of eight dayes before, which done, to set them with the hairy rootes in the earth well laboured and dressed and at length one by another, well halfe a hand breadth asunder, and three fingers deepe. Certaine there are which will them to be set for the better yeeld, after the midst of August, vnto the midle of September, letting these to remaine for two or three yeares, and that euery yeare in the monthe of Aprill and May the leaues or blades then dry, to breake off orderly, the other prospering to weede about, and to raise the earth after, two fingers deepe, but in such manner, that the heads be not touched.

After that the hearbes be sufficiently clensed, when as the floures be withered and dead, especially in August and towards Harueſt, which flourish not aboue a moneth, then these are to be gathered in the morning after Sunne rysing, and after the drying by a gentle fire to be kept together in bags of leather, in a close and dry place.

And this one thing as maruellous, is worthy to be noted, that the roote or Onion standing quite out of the earth, yeeldeth notwith-

ſtanding the propper floure of continuance but a day or two after the full opening, at the ſeaſon of the yeare: but the head afterwards (as depriued of nouriſhment) withereth and rotteth.

The blades be freſh and greene all the winter through, in that the heads be full of iuice, and ſufficient ſtrong to indure the colde ſeaſon. When the ſaffron is ſet, and in the third yeare digged vp, there are round about each head fiue or ſixe heades growing, and ioyned togither within the earth.

The beſt Saffron is the ſame, which is freſh and new, and excelleth in the goodneſſe of colour, in ſuch manner, that the tops in which the ſeedes be contained be white, and mixed with a redneſſe: the chiue alſo is not lightly broken, and rubbed in the hand, colloureth the skin, and is in ſauour comfortable, with a great ſharpneſſe. And this is named the Orientall Saffron.

The Phiſicke benefits and helpes of the Saffron.

THe Saffron hath the propertie of heating in the ſecond, and drying in the firſt degree, as Ægineta witneſſeth. The Saffron endureth for fiue yeares in perfect ſtrength, being cloſe kept in a lether bag, and ſet in a dry place.

Take a ſcruple of good Saffron, or the third parts of a dramme, and halfe a graine weight of pure Muske, this mixed togither with the beſt and hot wine, drinke faſting, for it is a ſingular remedie againſt the hard fetching of breath, of what cauſe ſoeuer the ſame ſhall happen.

The Saffron procureth a freſh and faire collour to the drinkers of it: it comforteth the heart, purgeth and cauſeth healthfull bloud, and remoueth poyſons from the heart. Taken in meat it cauſeth a long and eaſie breathing, and helpeth the Aſthma.

Againſt the infection and plague inwards, many after the torifying of the Saffron, Triackle and Muſtard ſeede in an emptie egge ſhell cloſe ſtopped, do make an electuarie with other ſpices adioyned, which after the taking expelleth the poyſon or infection by ſweates.

The vſe of it profiteth impoſtumes in the breſt, & thoſe that be ſhort winded. it amendeth the milt, moueth the veneriall act, and cauſeth

drine, this also auaileth against the behement aking and paines of the head, if such a plaister bee made with the same: take of Saffron, Gumme Arabicke, Euphorbium, and Myrhe, of each a like waight, these after the finely working to pouder, and tempering with the white of an egge, apply in the plaister forme to the forehead, for this without doubt auaileth.

The Saffron taken either in meat or drink, procureth drine, & the Termes, this also amendeth the yelow Iaundise, drunke especially with sweet wine or Malmsey: this giuen besides to an vlcered brest, stomacke, liuer, lungs, kidneis and bladder, greatly profiteth.

For the grieuous paine of the Goute, take a quantitie of Saffron, with crums of white bread and milke, after the boyling togither, applyed in the forme of a pultise, on swellings, impostumes and vlcers, doth greatly aswage both the swelling and paine, yea mightily softeneth and breaketh impostumes.

If with Opium, barly meale, milke, and the white of an egge, an ointment be made after arte, and annointed on any painefull and sore place, it doth aswage the griefe in short time. The Saffron (as Vitalis writeth) doth greatly amend the feebling of the heart, and weakenesse of stomacke. The Saffron comforteth palsey members, and softeneth the hardnesse of parts: for the which cause, the same named Dricrocie, is right profitable. The saffron remoueth the griefe of the eyes, either of blood or other blemish, if with Rose leaues brought to pouder, and mixed with the yolke of an egge, the same be applyed in plaister forme on a linnen cloth to the eye. The Saffron remoueth all swellings and griefes of the eyes, if the same be especially mixed with wine, and applyed in plaister forme.

The Saffron is profitable mixed with womans milke and annointed, for the distilling of the eies. The Saffron remoueth drunkennes, drunke with Cluite. The person also which shall drinke the pouder of Saffron in wine, shall not be ouercome by drinking. This besides is verry profitable for remedies of the eares.

What

What skil, care and diligence is required in the workmanly sowing, and ordering of the Nauewe.

Chap. 24

The Nauewes and Turnups, are sowne after one manner in earth well turned vp, and orderly dressed, or if the owner will in earable ground, and will indure in a manner any ayre: yet these desire a drie ground, rather leane and grauelly and diligently turned vp.

The seedes well prosper, bestowed in a fine poudered earth, well laboured afore: and to possesse faire Nauewes, let not the seedes be a boue three yeares old: for being elder, the seedes run into Colewoorts. If the plantes in the comming vp appeare too thicke togither, the owner may pluck them vp, and set them thinner in other well dressed places. These also in the growing vp, ought diligently to be weeded, and the earth to be digged about, and let the greater and fatter still grow, to possesse their seedes, which in the moneth of August, diligently bestow in a well laboured earth.

To commit seedes to the earth, the owner ought to stay vntill the ground be well moistened with showres, for bestowed soone after, they prosper and come the speedier vp: But the owner or Gardener ought in any case to take heed, that he bestowe not the seeds in any shadowie place, for the shadowie places are disagreeable and hurtfull to the plants, although the ground be good, fertile and well laboured.

The propertie many times of the ground dooth alter the Nauewe into a Turnup, and the Turnup into a Nauewe.

The owner ought to gather the Nauewes in the moneth of November: and to possesse them all the winter time, he must bury the roots in sand lying in a seller, that he might not onely eat of them in the winter time, but all the Lent through.

The worthy Nauewes be those, which are rather long, as they were crisped, and not big, and possessing few rootes, at the most but one seemly roote, and the same straight and sharp downward.

There be which make a singular cõposition of the Nauewes, with Radish rootes, a little salt, Honny, Mustard, delectable spices, and Vineger: yea the same may be made without spices, both wholsome and profitable.

The

The Phiſicke benefits of the Nauewes.

THe worthy Galen reporteth the Nauewe to be hot in the ſecond degree, and moiſt in the firſt.

The Nauewes tenderly boyled, do nourith much, yet euilly or hardly digeſted, and they make ſoft fleſh, and the ſame puffed vp, yet this leſſe then the Turnup, who afore ought to be boyled in water, and that firſt water after the boiling powred forth, then into a ſecond water beſtowed, diligently boile them, for the hardneſſe of their ſubſtance, will well be tempered, and meanly ingender a nouriſhment betweene good and euill.

The Nauewes which are not throughly boiled, do euilly digeſt, and procure a windineſſe in the bodie, beſides a ſtopping in the veins, and naturall powers: for which cauſe, theſe yeeld a more commoditie to the ſtomacke, and digeſt better, being twice boyled in faire water, and ſhifted a third time into a moſt fat broth, where boyled vnto a ſufficient tenderneſſe, and then eaten, there be which boile them a third time in new Cow-milke, for the better digeſting.

The Seedes confected with Suger, and eaten, increaſe Sperme in man. But the Seedes bruſed and drunke, doe eſpecially auaile againſt poyſons, for the which cauſe, theſe are profitably miniſtred with Triacle.

What care and skill is required in the ſowing and rightly ordering of the Rape and Turnup. Chap. 25.

THe Rapes be not much differing from the Nauewes and Turnuppes, ſauing that theſe be bigger, and ſweet in the eating.

For the Rapes or Turnuppes be much greater, and in the eating pleaſanter then the Nauewes: The Rapes require a like ordering and dreſſing of the Earth, as afore vttered of the Nauewe, which for truetie ought to bee rather ſowne in the moneth of September, then in any other time, in a moyſt earth, well dunged, diligently turned in and dreſſed: for by that meanes they proſper and come the better forward, and are cauſed to be fairer, tenderer, bigger, and ſweeter of taſte through the colde ſeaſon following,

like as the hoarie frostes, snow, and cold mists, then in the drie and warme season of the yeare.

After these be come vp, and ready to be remoued, the owner must carefully see vnto, that the leaues be not gnawne neither of spiders, nor by any other vermine or wormes, and for the auoiding of like annoiance, it shall be profitable for the Gardener (well a day before the committing of the Seedes to the earth) to mixe the Seeds with the pouder or dust of planke boords, or rather with the soote of a chimny, which after wet with water, to the end the Seeds may receiue some moisture, and being thus ordered, bestow the whole togither in the earth the next day following.

The skilfull Neapolitane Rutilius reporteth that the Rape or turnup (as the Nauew) prospereth vnder euery aire, and desireth to be bestowed in a fat and loose earth, and the same so lose, that it in a manner falleth to pouder, whereby the Seedes may prosper, and come the spedier forward.

The seedes also are to be bestowed with fine poudred earth, to the end the plantes may not come vp too thicke togither, about the end of July, vnto the midst of September: and if raine happen not the day before, then the day following, moisten the ground with water, gently sprinckled vppon.

If the seedes committed to the earth be bestowed thin, the plants in the comming vp (by dilligence of the Gardener) will increase the bigger, for which cause, where the plants grow thick togither, & these come to good strength, the owner may pluck vp sundry, and bestowe those a good distance asunder, whereby they grow the bigger in rot.

And for the better furtherance of their growth, the owner shall sundrie times water and weed about the plantes. The seedes may be sowne in the open field, and where corne grew, if so be the ground be diligently ploughed, and the weedes weeded forth, these after the bestowing in the Earth, may the owner onely couer with the harrowe or rake, because the seedes lye shallow on the ground.

The seedes ioy in an open field, far from the shadow of trees, in that these lying vnder shadowe be much harmed: if the owner minde to commit seedes to the earth in a dry season, hee may then bestowe them in some well dressed place being moist and shadowie, thicke togither after the maner of the Colewort.

After

After this, when the plantes be well growne vp, and the earth sufficiently moistened with showres, the owner may remoue and set the plantes in larger places well dressed, from the end of August vnto the entring of the Sunne into Libra or middle of September.

The Rapes to serue in the winter time, ought to be gathered in the month of October, and those which are the fairer, by plucking away the outward leaues, may be set againe in well dunged and dressed earth, to yeeld seedes the sommer following.

And to preserue the Rape or turnup rootes, to serue the winter and Lent time, the owner may worke after this manner, by washing first the rootes, and these raw, bestow in rankes one vppon another, and in eth ranke strew salt, fennell seedes, and sauerie, or onely couer them with salt, close couched, and on such wise letting these remaine for eight daies, poure so much faire water vppon, as will couer them, Which done, let the vessell stand in some vault or seller, to serue for the aboue saide times, or longer if the owner will, if so be he fill vp the vessell, when these lye bare and drie. These hitherto Rutilius in his instructions of husbandry.

This one thing is marueilous and worthy the noting, so small a seede to encrease in roote, to such a bignesse as we many times see them: of which the like hath bene seene to haue waied thirtie, yea forty ponnd waight, to the admiration of many.

The owner ought especially to take heed: that the seedes to be committed to the earth, be not aboue three yeares olde. For the ground otherwise of the Rapes will change and bring forth Colewortes.

For to enioy faire and big roots, let the owner new set those rots which be growen vnto a finger bignesse, wel a span distance one from the other, Which done, and these somwhat more growen, the owner ought to tread downe with the foote, and diligently couer the heades thicke with earth, whereby the iuice of the leaues and stalkes may run to the encreasing of the rootes.

The rootes after the gathering in the month of Nouember, may likewise be preserued, to serue the Winter and Lent time, as afore is vttered of the Nauew.

The Phisicke vertues and helpes of the Rapes.

THe Rapes heate in the second degree, and moisten in the first: these cause many humours, hardly digest, and increase muche winde. The sowne Rapes are hard of digestion, which notwithstanding boyled do swell the belly, and increase the humours in the bodie.

The Rapes haue a marueilous propertie in sharpning the sight, as the singular Auerrois writeth: Yet these throughly boyled, as I afore vttered to be done by the Nauewes, do yeeld a nourishment, and are profitable to the bodie: contrariwise these eaten rawishe or not well boyled, doe hardly digest, cause winde in the bodie, and molest the stomacke.

The Rape seedes vsed in steed of triacle, recouereth and helpeth poysoning, if any hauing drunke or eaten poyson, shall take the seeds bruised in water and honnie, this of experience knowne, represseth or abateth the force of poison, that the same cannot harme.

The Rape or turnup roots confected with vineger, doth coole and ingender wind, yet these extinguish the hot and drie bloud, of which most great and perrillous sicknesses are caused. The rootes and seedes eaten doe stirre and moue the veneriall act.

They are profitable to health, being eaten after the third boyling, and if any foully arrayed with scabs, which represent ỹ kind of a leapre, doe washe all the bodie with water in which the Rape seeds shal afore be boyled, it doth with the same cause in short time a fairer and cleare skin. The Rape rootes boiled in May butter, after the tender seething eaten with a little salt, doe loose the breast: the decoction of them taken, ceaseth a drie cough: boiled with oyle oliue, and eaten with pepper and a little salt, doth helpe digestion. The rootes daily eaten, do engender grosse humours for which cause greatly misliked of Democritus, to be vsed for a proper sustenance.

The decoction or broth of the rootes tenderly boiled, applyed on palsie members, the hot Goute, and kibed heeles, doe speedily amend & help these: if any in the side of the roote after the making of a hole, do bestow in it the oile of Roses, and vnwrought wax, and after the tender roasting vnder hotte embers, doe aplie the same in vlcered or sore kibes,

kibes it shall in short time cure them.

The benefits of the distilled water of Rapes.

THe garden Rape or turnup both leaues and rootes shred, ought to be distilled about the end of June, in a tin Limbecke.

This water prenaileth against the galling of members, if these be daily washed and supplyed with the same, and that a linnen cloth wet in it, be applied twice or thrice a day.

This helpeth any burning or scalding, if the same be washed with it, but after a crust gathered in one place, the same will in no maner be remooued, but through the daily washing of it with this water, which in the end perfitly cureth the sore.

The distilled water of the putrified Rapes, applyed often hotte with a linnen cloth wet in it, dooth greatly profit the swelling and sores of the foote, caused of cold.

What skill and dilligence is required with the secrets to be learned in the sowing and ordering of the Radish. Chap. 26.

THe garden Radish with vs, is better knowne, then I with pen can vtter the discription of the same, for in a maner euery person as well the rich as the poore, the citizens as contrimen, when their stomacke is slack or irketh at meat: they then to procure an appetite to feeding, by the same wet, by cutting the rots either into a length on each side, or into round slyces, do workemanly season them with salt, beating them for the more delight in the mouth, betweene two dishes, supposing a more tenderneile caused to the roots, through the like doing: whose care and dilligence in the bestowing of it in the earth, ought, (after the mind of Columella) to be after this manner: that the beddes, before the bestowing of the seedes, be well laboured, and workemanly turned in with dung, and when the rootes be growne to some bignelle, then the earth to be raised and diligently heaped about them, for the rootes shall be naked or lie bare of earth, that both the Sunne and ayre beat vppon them, then will they be-

rotne in their further growth, both hard and hollow like to the Mushrome, as Plinie reporteth, which prescribeth to these both a loose and moist earth.

The worthy Rutilius (in his instructions of husbandrie) vttereth that the Radishes refuse a hard, sandy, and gravelly ground, and doe ioy in the moisture of the aire: besides, these ought to be sowne in beddes a good distance asunder, and the earth deepe digged after a late or new raine fallen, except the place by hap shall be moist, and soone watered.

The seedes committed to the earth, ought immediatly and with diligence, to be couered light with a Rake, and neither dung bestowed within, nor strewed vpon the beddes (although Columella otherwise willeth) but onely chaffe of corne, as after shall further be vttered.

The skilfull practised in Garden matters report, that these better prosper being orderly set, then curiously sowne, and that these to be bestowed in the earth, as both sowne and set, at two times of the yeare, as in the moneth of Februarie, and beginning of March, if the owner shall enioy the rootes timely, and in August vnto the middest of September, if the owner would enioy them much sooner: & these then bestowed in the earth, are without doubt far better, for asmuch as the Radish in the colde season, groweth and encreaseth especially in the roote, and is the same time tenderer, whereas the plants otherwise in the faire and warme season, runne vp into a leafe and stem. Yet this manner of trauaile, to pollesse them in the sharpe Winter, is little in vse with vs, because the Radishe can ill abide the bitter ayre, which once bitten and tainted with the frosts either withereth, or soone after dieth: yet the learned Plinie writing of the Radishe vttereth the same to ioy so much in the cold ayre, that in Germanie hath sometimes bene seene a Radishe, which grew in compasse so big as an infants middle.

The skilfull Aristomachus in his learned instructions of husbandrie willeth that the leaues of the Radishe in the winter time be broken off, and throwne away, and to heape the earth high about them, least puddles of water do stand in the beds, for the roots on such wise increase and be bigge in the sommer time.

Howsoeuer the rootes shalbe handled, certaine it is, that the cold

ayre

ayre and frostes do increase and sweeten the rootes (as afore vttered of the Rape) if so be they may continue in winter time: for the colde ayre conuerteth the increasement into the rootes, and not into the leaues, although that those (as Theophrastus vttereth) doe ware then hard in many places.

The rootes are caused to growe the sweeter in eating, and more delectable in taste, if the leaues be broken off (as Plinie hath noted) before the Radishes shoote vp into a stemme.

And the lease of the Radishe, how much the smaller the same shall be, euen so much the tenderer and delectabler roote will it yeelde, which by watering with a salt licour, or pickle, causeth to breath foorth the bitternes quite, if any such rest or be in the roote.

As the like Plinie wrote, that the Radishe to be fedde, yea and willed the rootes, for the tenderneste, to be often watered with pickle, or salt water.

The Egiptians watered with Nytre, to the end the rootes might be commendable in sweetneste and delight to the mouth, which possesse a Cartilage and thicke rinde: to these, in many rootes, sharpe in taste, yet delectable in the eating, which are parte left bare aboue the ground becommeth tough and hard, through the occasion afore vttered, and hollow (like to the Mushrom) vnleste they be well couered about with light earth.

There are Radishes supposed to be of a feminine kinde, which bee so sharpe, and these possesse smaller leaues, and to the eye be a fayrer greene, as Rutilius writeth.

If the owner couet to enioy sweet rootes in taste, then after the counsell and mind of the singular Florentine, let him steepe the seeds for two daies before, in either water or honny, or Suite, or else sugred water, and these dried in the shadowe, to commit them orderly to the earth.

If the Gardener desire to possesse faire and great rootes, let him (after the minde of the aforesaide Rutilius) when the rootes be growen to some bigneste, pluck away all the leaues, sauing two within to growe still, which done, couer the earth often ouer the heades to grow the sweeter and pleasanter.

A like experience in causing the roote to become marueilous big, doth Plinie skilfully vtter and teach, after this manner, by taking a great dibble, with the which making a hole in the earth well fiue fingers deepe, fill it vp with freth chaffe, after bestow a seed of the Radish with dung and light earth ouer the mouth, couering the same in like maner euen with the earth, these performed, the root will grow and encrease vnto the bignesse of the hole.

The skilfull practitioners report, that the goodnesse of the Radish is knowne by the leaues, which the smoother they be (after the manner) so much the tenderer and more pleasant are the rootes in the eating: the like teacheth or sheweth the rinde, which the thinner the same is, so much the delectabler is the roote in the taste of the mouth.

The thinne bestowing of the seedes in well dressed beds, from the end of August vnto the midst of September, and after the comming vp diligently weeded about, with leaues broken off, the light earth couered about, and after watered with salt water, doe procure the roots not onely to ware, or grow the bigger, but tenderer and sweeter in the eating, for asmuch as the salt pickle verrie much abateth the bitternesse consisting in them, as by a like we customably see, that these be eaten with vineger and salt.

And the plantes better prosper, comming vp in an open aire, then bestowed in a shadowie place, where in the increase, the rootes be much hindered.

If the owner happen to commit seedes to the earth in a drie season, let them be sowne the thicker in beds, and if the same may be, in a moist ground lightly watered.

The plantes growne to a reasonable height aboue the earth, and that showres haue moistened the ground a day before, the plants may then be remoued, and set into beddes well laboured and workemanly dressed, which by diligence bestowed, grow the better and pleasanter in the eating.

That the Radish may not be harmed with the garden fleas, Theophrastus willeth to sow in the beddes among them, the pulse named Erum.

Other singular helpes for the most herbs, may be learned in my first part: which I haue gathered for the most part out of ancient writers.

Heere

Here is not to be ouerpassed, that in the Radishes a bitternesse consisteth according to the thicknesse of the rinde, as the worthy Pliny vttereth, which writeth that these also do offend the teeth, by blunting or setting them on edge.

But in this place commeth to minde, a secret verry profitable, and to be esteemed with vinteners, which the Authour freely vttereth to them.

If the Vintener cutteth a Radish into slices, and bestoweth those pieces into a vessell of corrupt Wine, doth in short time drawe all the euill sauour and lothsomnesse (if any consisteth in the wine) and to these the tartnesse of it like reuiueth, which if the roote be not able to rid and draw quite forth this default, let the same immediatly be taken foorth and (if need shall require) put a fresh roote like ordered. For this no doubt hath bene proued, and profiteth many by vnderstanding of the secrete.

This no doubt is a secrete verry maruellous, that the Radishe in no wise agreeth to be placed or grow nigh to the Vine, for the deadly hatred between them, insomuch that the vine nere growing, turneth or windeth backe with the branches, as mightily disdaining and hating the Radishe growing fast by: if we may credite the learned Plinie, Galen, and the Neopolitane Rutilius, which seeme to haue diligently noted the same.

And the reason they report to be like (as afore vttered of the agreement of the Colewoorte with the Vine) which is through the hidde discorde of natures consisting in them, so that if the places were chaunged, yet for all the remouing, will they in no maner ioy togither.

Of which Androcides affirmeth the Radish and Colewort, to be a singular remedie against drunkennesse, so that the ancient in Grece commonly ioyned and matched the drinking of wine, with the Radishe, as I afore vttered in the Chapter of the Colewort, so that no maruell it is if that these be vsed so common.

The Radish in time past hath bene in much account, and so worthily esteemed, that Meschion the Grecke wrote a large pamphlet of the worthy praises of the same: yea the Radishe before other meats, was so preferred in Greece, yt at Delphos in the temple of Apollo, the Radish was esteemed as Gold, the Beet as Siluer, and the Rape